chances of success. Through properly executed movements, desired success can be realized with the least strain and minimal expenditure of energy.

34A   Moving Up

14
Fartlek Training in Wrestling

WRESTLING IS A SPORT THAT REQUIRES THE ATHLETE TO BE IN TOP-NOTCH physical condition. It is a sport where knowing all the holds in the world won't do the athlete a bit of good, if he can't compete for the full time of a regulation match without experiencing undue fatigue. It is a sport where being in condition means being able to pour it on in the third period and, if necessary, come from behind to win. It is a sport where more contests are lost in the final minutes because of poor physical conditioning than for any other single reason.

Diligent coaches are continually searching for newer, better methods of training. Most of the present methods do not vary greatly from one sport to the next. Wrestling, however, is an exception. It is, in many ways, notoriously antiquated in its concept of training.

The vast diversity of opinions regarding the relative merits of various training methods may be a principal factor in keeping wrestling from being introduced to some of the time proven methods used in many of its sister sports.

Coaches, skeptical of popular methods of conditioning athletes, tend to feel these methods fail to develop the specific type of endurance needed for wrestling. They are of the opinion that the best training for wrestling is wrestling itself. However, they fail to recognize the fact that these popular training methods can be adapted in such a way as to include actual wrestling as the prime activity.

Fartlek training is a well-established and extensively used method of conditioning athletes. It consists of exertion phases of relatively long periods of time at varying speeds. Its varying pace reduces boredom that commonly accompanies a more evenly paced training program.

In general, it is performed at a relatively slow speed and interspersed with an occasional hard and fast effort. The continuous uneven pace contributes to overall endurance, and conditions the athlete to perform at a faster tempo when necessary.

Fartlek training is generally emphasized in the early stages of conditioning although it is also used intermittently throughout the season. It can be employed as formally or as informally as desired. Three variations, ranging from the most formal to the most permissive, are presented below.

VARIATION #1

The first variation is a formal, rigid, and highly organized form of fartlek training.

PACE	TIME	CUMULATIVE WRESTLING TIME	WEEK IN SEASON
slow	5 min.	5 min.	1st
hard	3 min.	8 min.	
slow	5 min.	13 min.	
hard	1 min.	14 min.	
slow	5 min.	19 min.	
hard	3 min.	22 min.	
slow	5 min.	27 min.	
hard	1 min.	28 min.	
slow	5 min.	33 min.	2nd
hard	3 min.	36 min.	
slow	5 min.	41 min.	
hard	1 min.	42 min.	3rd
slow	5 min.	47 min.	
hard	3 min.	50 min.	
slow	5 min.	55 min.	4th
hard	1 min.	56 min.	
slow	5 min.	61 min.	

A slightly different version of the formal type of fartlek training session is known as the pyramid. As the name implies, it entails building up to a narrow peak from a broad base.

PACE	TIME	CUMULATIVE WRESTLING TIME	WEEK IN SEASON
slow	5 min.	5 min.	1st
hard	5 min.	10 min.	
slow	4 min.	14 min.	
hard	4 min.	18 min.	
slow	3 min.	21 min.	
hard	3 min.	24 min.	
slow	2 min.	26 min.	
hard	2 min.	28 min.	
slow	1 min.	29 min.	2nd
hard	1 min.	30 min.	
slow	2 min.	32 min.	
hard	2 min.	34 min.	
slow	3 min.	37 min.	
hard	3 min.	40 min.	
slow	4 min.	44 min.	3rd
hard	4 min.	48 min.	
slow	5 min.	53 min.	4th
hard	5 min.	58 min.	

VARIATION #2

A less formal form of fartlek training is to wrestle at a slow or moderate pace for approximately one hour, while increasing the pace only at times announced at the coach's discretion. Such announcements can be given as a verbal command or by a prearranged whistle.

VARIATION #3

The least formal and most permissive form of fartlek training is to permit the individual athlete to vary the wrestling pace according to his own discretion. In other words, each wrestler sets his own pace and varies it in accordance with how he feels at the moment. This is a very individualizing means of conditioning. It is commonly reserved for only the most dedicated and hard working athletes. It is quite popular with highly motivated individuals willing to push themselves beyond what is required by the more formalized variation. No direct supervision is provided. The only control is the amount of time this variation is practiced.

No one system of training is superior to another. No one single method will produce champions. No one particular method can develop all the qualities necessary to be a top contender. Only a combination of many methods will properly prepare an athlete for competition. The method emphasized at any one time should depend upon the goals being sought. It is only through the use of a variety of training methods that a wrestling program can be said to be complete. Fartlek training is only one of the methods that might be a part of that variety.

15
Marathon, Sprint, Interval, and Repetition Training Applied to Wrestling

WRESTLING—UNLIKE TRACK, SWIMMING, AND OTHER AREAS OF ATHLETICS— does not require the athlete to compete against a clock over a known distance. Consequently, many of the training methods popularly employed in other sports have not been applied to wrestling. It is the purpose of this chapter to apply, in a practical manner, some of these established training methods to wrestling.

Marathon training is called steady state training. It is mainly employed during the early stages of the season, but its occasional use throughout the year is not uncommon. It involves continuous activity at slow pace for an extended period of time. Its application requires wrestling at a slow pace for a time longer than that of a regulation match.

There are two primary advantages to this type of training. First, the athlete's confidence in being able to wrestle a match without experiencing undue fatigue is enhanced as a result of having trained for extended periods of time. Second, since the pace is much slower than that of an actual match he can concentrate more of his attention on perfecting techniques.

EXAMPLE "A" OF MARATHON TRAINING

PACE	TIME	SERIES OF REPEATS	REST INTERVAL	TOTAL TIME WRESTLED
slow	36 min.	1	0 min.	36 min.

EXAMPLE "B" OF MARATHON TRAINING

PACE	TIME	SERIES OF REPEATS	REST INTERVAL	TOTAL TIME WRESTLED
slow	9 min.	4	0 min.	36 min.

Sprint training receives emphasis late in the season. It is performed at a fast pace for the purpose of developing explosive speed. Because it involves all-out effort, it is very fatiguing and should be employed with discretion. Its indiscriminate use generally results in poorly and sluggishly executed skills.

The all-out wrestling efforts should be between one-half and one minute in length. They should never exceed three minutes. They may be conducted in an equal or an unequal series of repeats. The rest interval following each repeat should be long enough to allow the heart to return to approximately its normal level.

EXAMPLE "A" OF SPRINT TRAINING

PACE	TIME	REPEATS SERIES OF	INTERVAL REST	WRESTLED TOTAL TIME
all-out	15 sec.	6	1 min.	1½ min.

EXAMPLE "B" OF SPRINT TRAINING

PACE	TIME	SERIES OF REPEATS	REST INTERVAL	TOTAL TIME WRESTLED
all-out	45 sec.	1	3 min.	¾ min.
all-out	30 sec.	1	2 min.	1¼ min.
all-out	15 sec.	1	1 min.	1½ min.

Interval training involves repeated efforts interspersed with recovery periods of little or no activity. This provides for a frequent fatigue experience without the complete tiring effect of an all-out effort.

Interval training is a structured method of training requiring rigid controls. The pace, for example, should be equal to or faster than that of a regulation match. The time of each exertion should not be greater than one and one-half to three minutes. The rest interval should be long enough for the heart to recover partially. It should never be longer than the time of the repeated effort. This is rarely less than thirty seconds nor in excess of three minutes.

Pulse rate is the key to determining the times of the repeats and recovery periods. Many coaches have their athletes count their pulse. When it reaches 120 to 150 beats per minute the next bout is started.

EXAMPLE "A" OF INTERVAL TRAINING

PACE	TIME	SERIES OF REPEATS	REST INTERVAL	TOTAL TIME WRESTLED
moderate	30 sec.	30	½ to 1½ min.	15 min.

EXAMPLE "B" OF INTERVAL TRAINING

PACE	TIME	SERIES OF REPEATS	REST INTERVAL	TOTAL TIME WRESTLED
moderate	1½ min.	10	1½ to 3 min.	15 min.

Repetition training is a variation of interval training. It involves bouts of fairly long duration at a relatively fast pace and with sufficient rest intervals to allow for almost complete recovery.

Despite the fact that the pace is faster than that of a regulation match there should be no all-out efforts. Rather the wrestler should attempt to set a tempo he hopes to sustain when wrestling competitively.

The repeated efforts are often longer than those employed in interval training. They may range up to three quarters of the time of a regulation match, but never equal to or greater than that time.

The time for recovery should be at least three times greater than the time of each repeat. It is usually never less than one and one-half minutes. The pulse should be allowed to drop to between 100 and 110 beats per minute. Breathing should be permitted to return to normal and no discomfort should be experienced just prior to engaging in each repeated bout. Since fatigue will become more and more acute, the length of the rest interval should be increased as the training session progresses.

EXAMPLE "A" OF REPETITION TRAINING

PACE	TIME	SERIES OF REPEATS	REST INTERVAL	TOTAL TIME WRESTLED
faster than match speed	3 min.	8	9 to 12 min.	24 min.

EXAMPLE "B" OF REPETITION TRAINING

PACE	TIME	SERIES OF REPEATS	REST INTERVAL	TOTAL TIME WRESTLED
faster than match speed	4 min.	6	12 to 15 min.	24 min.

In each of the training methods discussed the factors of pace, time, series of repeats, rest interval, and total time wrestled were considered. The work intensity of each of the training methods can be increased by changing any of these variables in the following manner:

1. Increase the pace;
2. Increase the number of repeated efforts;
3. Increase the number of sets; e.g., wrestling for thirty seconds six times is considered one set;
4. Increase the number of times wrestled per day;
5. Increase the number of days per week wrestled;
6. Increase the altitude;
7. Increase the nature of the activity engaged in during the rest interval; e.g., mild exercise instead of lying down;
8. Increase the number of unfatigued opponents after each repeated effort;

9. Increase the number of unfatigued opponents after each set;
10. Decrease the amount of rest allowed after each repeated effort;
11. Decrease the amount of rest allowed after each set;
12. Decrease the time between daily workouts;
13. Decrease the time between days off per week;
14. Any combination of the above variables.

Since each variable can be controlled with a fair amount of accuracy, an evaluation of improvement and plateaus in conditioning is possible.

To be effective in improving the athlete's ability to perform with greater efficiency while experiencing less fatigue, these training methods have to be employed in a progressive manner. They should be initiated at a relatively low level and graded so as to increase the work intensity of each practice session. This will provide the necessary stimulus for maximal adaptation of the body.

No one method of training is superior to another in producing desirable physiological adaptations. None offers an all-inclusive answer. Each has its own advantages and limitations. Each is devised to condition the athlete in a slightly different manner.

The best approach is to include a variety of training methods into the program. Variety has the attraction of being able to reduce the chances that boredom and staleness will occur. The basis for emphasizing one method more than another at any one time during the season will be dependent upon the goals being sought.

Part IV
TAKEDOWNS

Coming to Grips

A PREREQUISITE TO TAKING AN OPPONENT TO THE MAT SUCCESSFULLY IS the acquisition of certain fundamentals. When there is insufficient opportunity to learn these fundamentals—the building blocks upon which success is dependent—difficulty is encountered in gaining takedowns. For example, when the fundamentals of tieing-up with an opponent fail to receive substantial treatment they are learned haphazardly. Negligence in emphasizing the correct manner of tieing-up decreases the chances of success in gaining takedowns. Too often tieing-up is taken for granted and too little attention is devoted to coaching its finer points. Sufficient time must be allowed for proper learning of this fundamental. Wrestlers not acquainted with how to come to grips with an opponent properly often feel that wrestling doesn't actually begin until after securing a tie-up position.

Any movement made with the intention of tieing-up should begin by walking in rather than reaching out for an opponent. Contact should first be made by catching one or both of the opponent's hands (photo 35A). This provides a certain amount of security in knowing, and in part controlling the location of his hands.

The grip on the hand should then be loosened in order to follow the surface of the opponent's arms upward toward the nape of his neck (photo 35B). Contact with the arm must be maintained all the way up to the neck. Once the back of the neck is reached it should be firmly grasped (photo 35C).

If the above procedure is adhered to religiously, it will prevent the opponent from capitalizing upon a mistake that might otherwise be made. The most common error made while tieing-up is that of reaching out for the nape of an opponent's neck. This mistake is an open invitation to be taken down.

There are many types of tie-up positions that can be assumed. One of the most common is the ear-to-ear and cheek-to-cheek (photos 36A and 36B). This tie-up position favors the stronger of the two wrestlers.

Despite its popularity, it is of limited value because very few take-down techniques can be employed from it. Unless a wrestler wishes to muscle his opponent or stall for time, this tie-up position should be avoided.

The inside double arm tie-up position is effective in keeping an opponent at a distance (photos 37A and 37B). Occasionally, an opponent's style will be dependent upon getting in close before going for a takedown. By positioning the arms inside the opponent's, he can be set up for an arm duck if he persists in his efforts to get close. If he reaches for a leg he can be dragged. If he hooks a hand under an arm-pit, he can be fireman carried.

A tie-up position that is commonly used to bait an opponent is the thumb trap (photos 38A and 38B). The thumb is placed on the inside of the opponent's elbow. The trap is baited by moving a leg out in front of the body so it appears as though it can be grabbed without much difficulty. When the opponent reaches for the extended leg the trap is sprung. The head is turned away while the opponent's elbow is lifted. Lifting the elbow is relatively simple since his momentum is already moving him in the desired direction. The maneuver is completed by going behind.

A less common but no less effective tie-up position is the monkey-on-a-stick (photo 39A). It, too, is good for setting up an opponent. A tremendous amount of leverage can be exerted once the opponent's arm is secured. By suddenly jerking down on the arm unexpectedly, the opponent is forced to bend forward. As he straightens, he sets himself up for an arm drag, duck, or fireman's carry.

The tie-up position most favored by the author appears in photo 40A. It requires keeping the head above the opponent's. A firm grip is carefully secured on the back of his neck. As long as the opponent's head is kept low, weight can be put on top of him. This tires him while lightening the wrestler's own burden.

The free arm should be used to keep the opponent from moving in too close. By maintaining some distance from the opponent, greater maneuverability is realized. Ability to remain mobile is one of the most important factors in securing takedowns. Being free to move around without difficulty is essential in setting up an opponent. If, while moving about a tie-up position is not to the wrestler's liking, he should back out and start again.

To be a successful competitor the mastery of fundamentals is a must. One of the most basic fundamentals is the ability to properly tie-up with an opponent. Proficiency in coming to grips safely must be taught early and continually practiced throughout the season. It should be a regular part of executing every takedown and reviewed on a periodic basis.

35A Tieing Up. Catching opponent's hand.

35B Maintaining contact with opponent's arm.
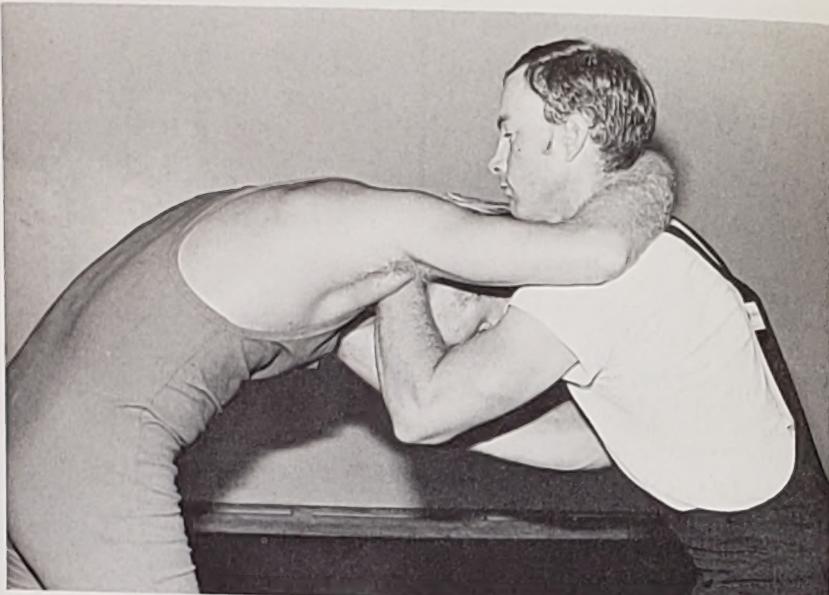
35C Grasping hold of opponent's neck.
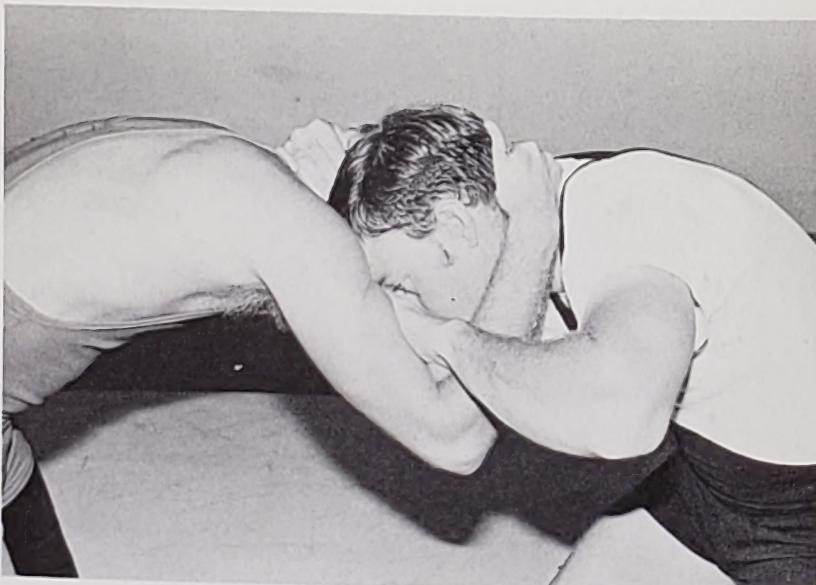

36B Ear-to-Ear and Cheek-to-Cheek Tie-Up (Bottom View)

36A Ear-to-Ear and Cheek-to-Cheek Tie-Up


37A Inside Double Arm Tie-Up
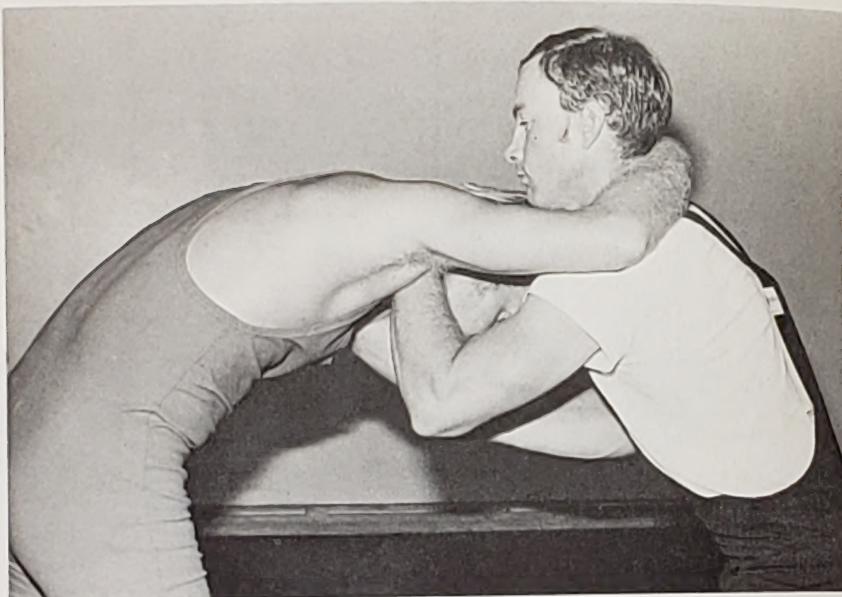
35C   Grasping hold of opponent's neck.
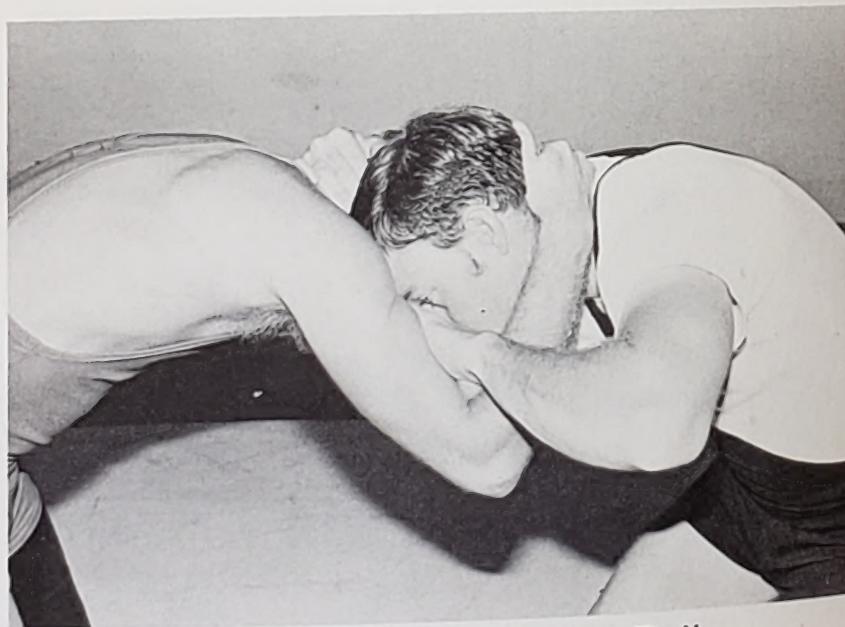
36B   Ear-to-Ear and Cheek-to-Cheek Tie-Up (Bottom View)

36A   Ear-to-Ear and Cheek-to-Cheek Tie-Up

37A   Inside Double Arm Tie-Up

37B Inside Double Arm Tie-Up (Bottom View)

38B Thumb Trap Tie-Up (Side View)

38A Thumb Trap Tie-Up
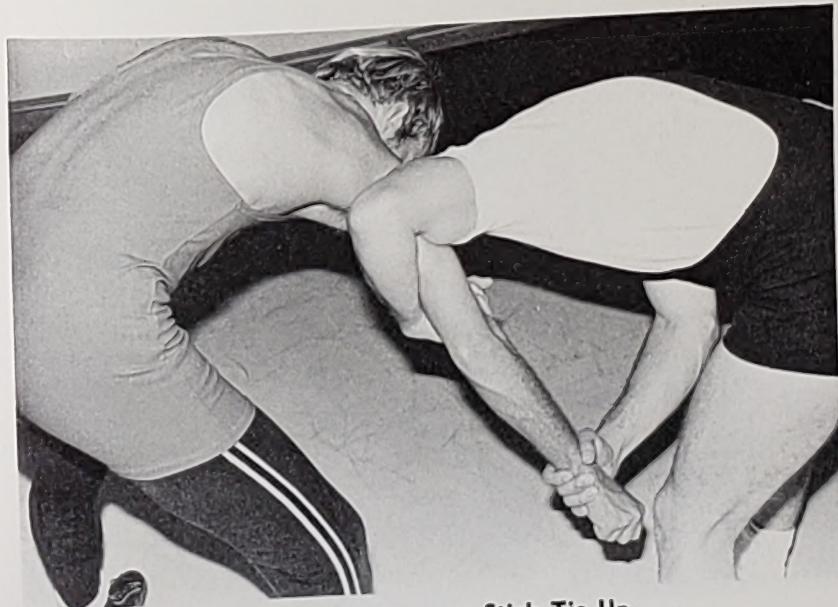
39A Monkey on a Stick Tie-Up

40A   Favored Tie-Up

17
Major Weaknesses of Various Wrestling Stances

NOT ALL WRESTLING STANCES ARE EQUALLY EFFECTIVE. EACH HAS ITS own innate weaknesses. Knowing what these are can enhance the chances of success, because capitalizing upon a weakness offers a means of gaining a definite advantage.

There are almost as many stances as there are styles of wrestling. This chapter will be concerned with some of the more popular ones.

Flatbacking (photo 41A) is best described as a stance in which the wrestler's back is more or less parallel to the surface of the mat. It is

41A   Flatback Stance

most popular with novice wrestlers. It has the characteristic of offering a false sense of security. The inexperienced wrestler tends to feel he is least likely to be taken down when his legs are as far away from his opponent as possible. The greater the distance the safer he feels.

Flatbacking gives him more time to react defensively to any attempt to reach for his legs. While it is true that this stance does offer a certain degree of protection from leg takedowns, it also leaves the wrestler more vulnerable to other types.

The major weakness of the flatbacking stance is the lack of stability that results from a forward displacement of the wrestler's center of gravity. When the center of gravity is directly over the supporting base, the body is perfectly balanced.

Stability, or the capacity of the body to return to its original position, is reduced when the center of gravity falls outside the supporting base. Anytime the center of gravity is beyond the supporting base, the body is less stable. For example, if a limb is moved from its original location, another part of the body must be moved in the opposite direction in order to bring the center of gravity back over the base.

After being pushed or pulled, the flatbacker is required to make instantaneous adjustments in order to maintain balance. The time during which these adjustments are being made is when he is most vulnerable.

An effective technique for taking down a flatbacker who leans forward is the head snap, sometimes referred to as the snap down. If the flatbacker chooses to back away instead of lean forward, he can be taken down with an ankle pick-up.

Another popular stance is down on one knee (photo 42A). A wrestler who is on one knee is limited to essentially a leg drive attack. A leg drive is the only effective takedown technique his opponent has to defend against.

A leg drive can be effectively avoided by circling in the direction opposite to the knee that is on the mat. Moving away from the strength of his rear foot does a great deal to handicap his style. It keeps him from being able to set himself in preparation for executing a leg drive.

The fact that many wrestlers are not used to sparring with a man employing this type of stance puts them at a slight, but significant disadvantage. Anything foreign or unfamiliar will create a certain amount of uncertainty.

The wrestler in this stance is weakest in the direction of the knee that is on the mat. This is where he is least stable. This is where he is least able to cope with pressures in a sideward direction. By tieing up
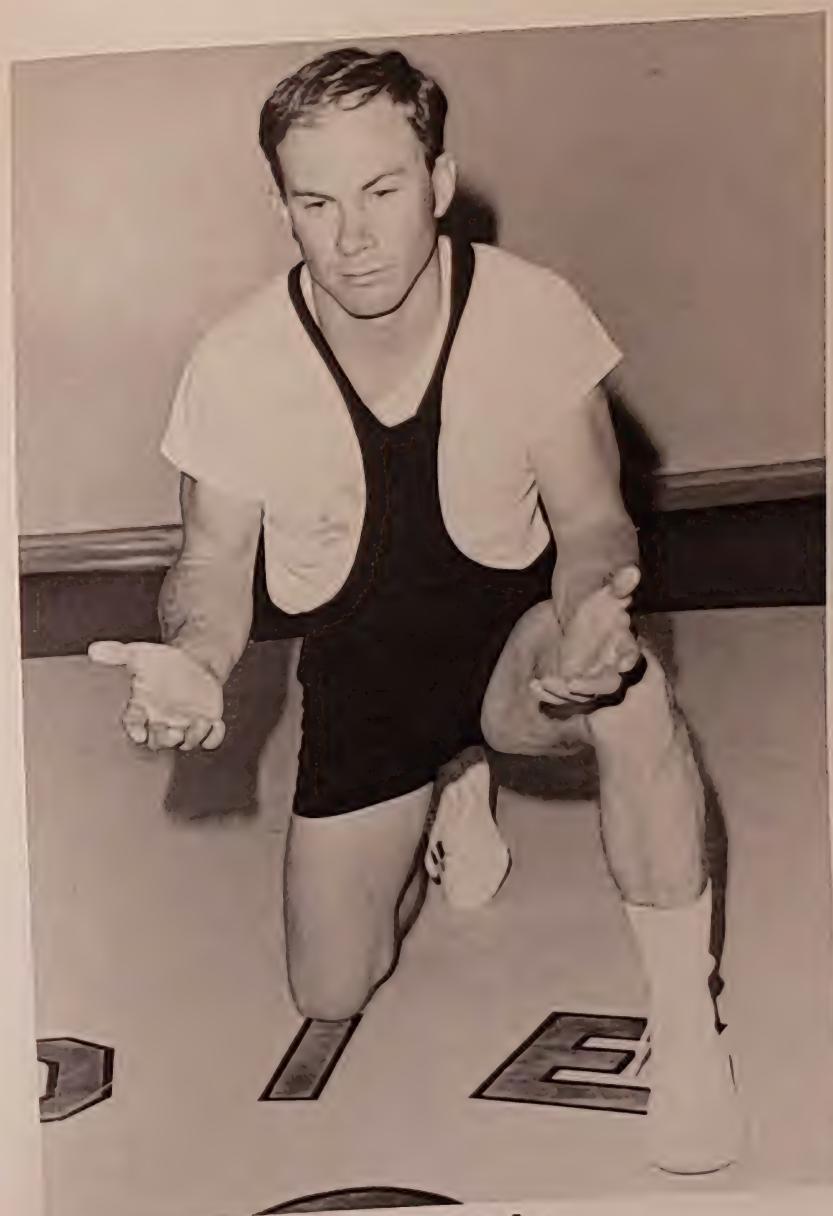
42A   One Knee Stance

the hand that is on the same side of the body as the down knee, he becomes vulnerable to being tipped over onto his back. Force exerted in that direction makes it difficult for him to keep from falling over.

In addition to limiting the methods of attack, a one-knee stance also limits the wrestler's mobility. Forward and backward movement is difficult, while sideward movement is impossible.

Mobility is restricted almost entirely to rotation in a circular fashion. Any other movement must rely totally upon the explosive force of the rear foot. In order to create force the toes of this foot must be coiled so as to produce some tension against the surface of the mat.

For these reasons the author does not recommend the use of either the flatback or the one knee stance. Instead a more erect type of stance is suggested (photo 43A).

In order to best understand the basic reasons for assuming the more erect type of wrestling stance, specific aspects of the stance will be discussed in accordance with various segments of the anatomy.

For clarity, the parts of the body have been divided into three broad areas. The first area extends from the head to the shoulders. the head should be held high. If it is downward, vision will be impaired resulting in the wrestler being more vulnerable to being taken down.

The eyes should be focused mainly upon the opponent's midsection. Focusing attention upon other areas—such as an opponent's head, eyes, or legs—is likely to result in being fooled by fakes, feints, and distracting movements. It should be remembered that an opponent has to move in the direction of his waistline.

The second area of consideration is from the shoulders to the waist. The arms should be bent and the elbows kept in close to the body. One hand should be extended slightly ahead of the other, with the palms of both hands turned down. The movements of the hands should always be downward in direction to avoid a tie-up that might anchor the appendage to the opponent. Palms turned upward become defensive and useful only for catching and stopping an opponent's charge. This results in having to support his weight and leaves the wrestler open to be taken down with a fireman's carry or duck under.

The body should be bent forward slightly at the waist. The back should remain fairly straight. This puts the body in an erect posture, a bit forward, but never so far forward that it causes the wrestler to lean into his opponent.

The third area of the body is from the waist down. The knees
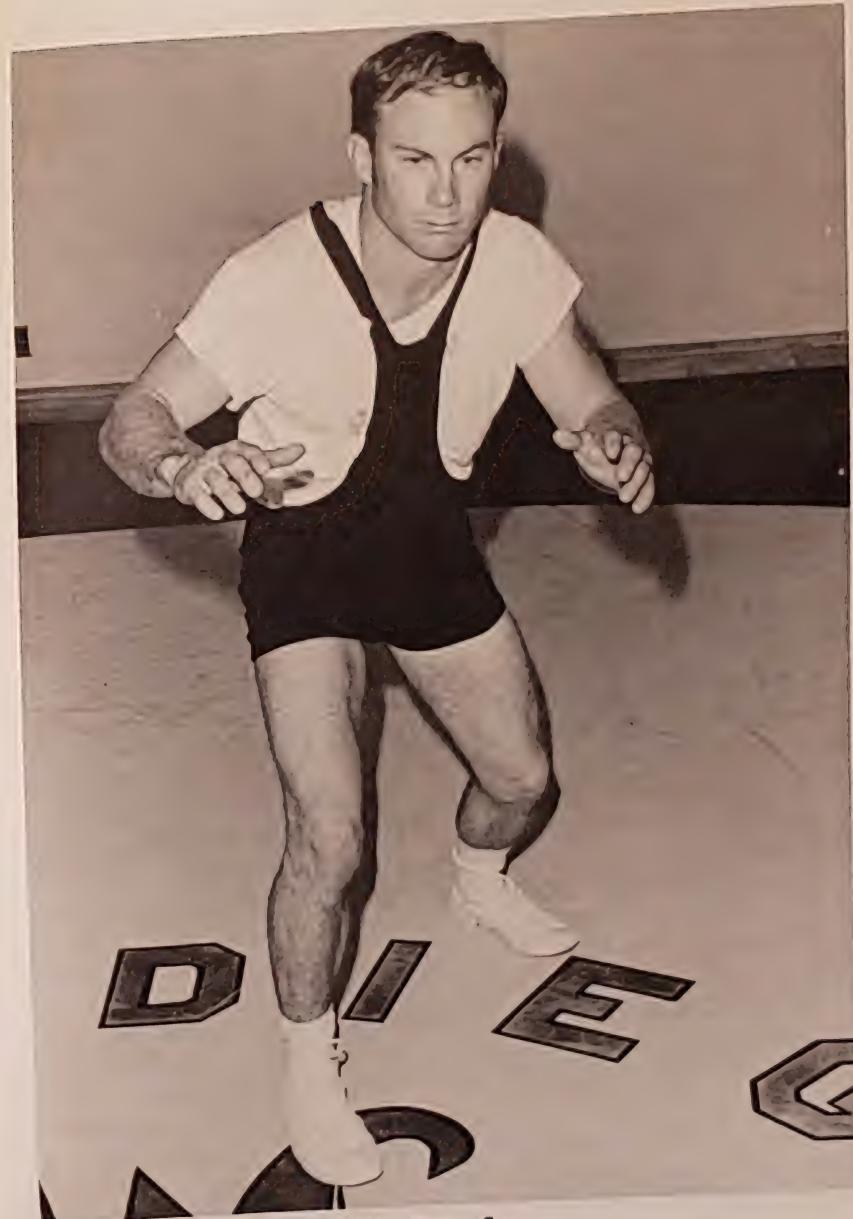
43A Erect Stance

should be bent so as to place the body in a slight crouch. This facilitates quick movement in any direction. If the knees were kept straight difficulty would be encountered in moving. The weight should be over the balls of the feet, thus allowing for greater agility. A flat footed wrestler is slow, early to tire, and easily upset.

The feet should be spread. Stability is directly proportional to the area of the body's supporting base. With the feet too close together stability is very poor and the wrestler is easily pushed or pulled off balance. The feet can be too wide as well as too close together. If the feet are spread too wide, it increases stability but reduces mobility. In general, mobility is more desirable than stability. Being free to move instantly in any direction is invaluable.

Stability can be enhanced by placing one foot slightly ahead of the other. While moving about the feet should never be crossed. Movement should result from sliding across the mat at short distances.

After weighing all the advantages and disadvantages of the various types of stances, the most superior in terms of mobility and potential effectiveness is the more erect type.

18
Upsetting an Opponent's Balance

THE FACT THAT THERE ARE TWO TYPES OF BALANCE, PHYSICAL AND mental, goes commonly unrecognized among those involved with wrestling. It is only after this duality is realized and accepted that setting up an opponent can be taught effectively.

Before physical balance can be destroyed, mental balance must first be attacked—a strategem best accomplished by employing the element of surprise. Any tactic which is unexpected and momentarily disrupts an opponent's train of thought can be employed. Anytime the opponent is forced to take time to adjust his thinking in order to comprehend and subsequently cope with a new set of circumstances, his mental equilibrium is unstable. At this precise moment, offensive action must be undertaken to destroy his physical balance. It is during the split second the opponent is adjusting his thoughts that he is most vulnerable.

Initiating a move that is momentarily distracting is an effective means of upsetting an opponent's mental balance. The distraction is executed with the intent of getting him to react in an anticipated manner. His expected reaction, if forthcoming, is then capitalized upon.

One popular method of distracting an opponent is to strike his forehead or shoulder (photos 44A and 45A). This will annoy and aggravate him. Just about the time he anticipates being struck again, shoot for his legs. Another common method of distraction is to have an opponent resist the pressure of a hand on the back of his neck. Then a sudden release of the pressure will cause him to unconsciously straighten up and thus expose his legs momentarily.

A good deceptive move is one that looks exactly like the start of a sound offensive maneuver. By leading an opponent to believe that some technique is about to be attempted, he will likely try to avoid the imagined danger and thereby unknowingly leave himself vulnerable to the application of the intended technique. Thus his efforts to avoid the imagined danger are utilized to his disadvantage.

44A   Striking Opponent's Forehead

45A   Striking Opponent's Shoulder

The essence of wrestling strategy is to get the opponent to move or exert force in a desired direction so as to jeopardize his equilibrium. An opponent who reacts in the manner he would have if the deceptive attack had been authentic is vulnerable. Offensive action must then be swiftly employed. A slight delay may make the difference between success and failure. Once an opponent's balance has been destroyed, he must be kept struggling to regain it.

A feint or fake is such a deceptive move, designed to lead an opponent to believe that an offensive attack is being initiated. To deceive an opponent successfully, the feint must look exactly like the beginning of an offensive attack. An example of an effective feint is illustrated in photos 46A through 46D. Here the defensive wrestler's main objective is to get the opponent to step away from the arm that is being moved toward his crotch. By moving away, the opponent exposes himself for a switch to the opposite side. The first move is a feint which places the opponent in position to be switched by a second genuine attempt. To further confuse the opponent, the first move can be initiated as a genuine attack. This makes it difficult for even the most experienced opponent to determine whether the first action is preliminary or primary.

An opponent who can detect when a particular move is going to be made is usually able to block or counter regardless of how effectively it may be executed. However, this ability to detect moves in advance can also be used against him. By intentionally telegraphing or giving advance notice of what is supposedly going to be attempted, the opponent can be enticed into moving to a vulnerable position. For example, the eyes can be used to convey the idea that a move is about to be made in a given direction. By focusing attention on a spot other than the direction truly intended, real intentions can be disguised and used to confuse the opponent. Consequently, when the intended move is made it is more likely to be successful since it will be totally unexpected.

By anticipating, it is possible to take advantage of an opponent's weakened position at the instant it occurs. Moves can thus be planned so as to place an opponent in a position that leaves him open to attack. Situations can purposely be created so as to correctly predict what an opponent will do.

If an opponent can be made to move in a set pattern, it is possible to predict where he will be positioned at any one moment. By planning movements so as to put an opponent in a particular position at a precise moment, success is almost assured. For example, by getting

46A Standing Switch. Faking the switch to one side causes the opponent to move in the opposite direction.

46B Grasping opponent's hand while reaching back to the inside of his leg.

46C   Sitting down.

46D   Turning to a position on top.

an opponent to move in a circular pattern it is possible to predict when his weight will be over one leg. It is relatively easy to capture that leg since it cannot be moved until the weight is transferred to the other leg (photo 47A).

Variations to techniques are vital ingredients for setting up an opponent. For example, if while initiating an arm duck the opponent reacts by pulling the arm down, the momentum of his reaction can be used to drag him (photos 48A and 48B). If he leaves it up, the arm duck can be completed (photo 48C). While, if in the process of ducking he pushes forward, a fireman's carry can be employed (photo 48D). Or, if he backs away, a single leg pick up is possible (photo 48E). It is always a good policy to arrange things so that anything the opponent does is wrong. There are many possible combinations. With a little imagination and experimentation, a phenomenal number can be worked out.

The double leg takedown (photo 49A), is one of the most effective set-ups for a variety of takedowns. If after securing a hold of the opponent's legs, he drives forward a duck under can be employed (photo 49B). If he backs away, a back heel is possible (photo 49C). If he sprawls, a single leg takedown is available by simply releasing one leg (photo 49D).

47A   Single Leg Dive

48A   Arm Duck. Lifting opponent's arm prior to ducking under.

48B   Reacting with an arm drag after opponent pulls arm down.
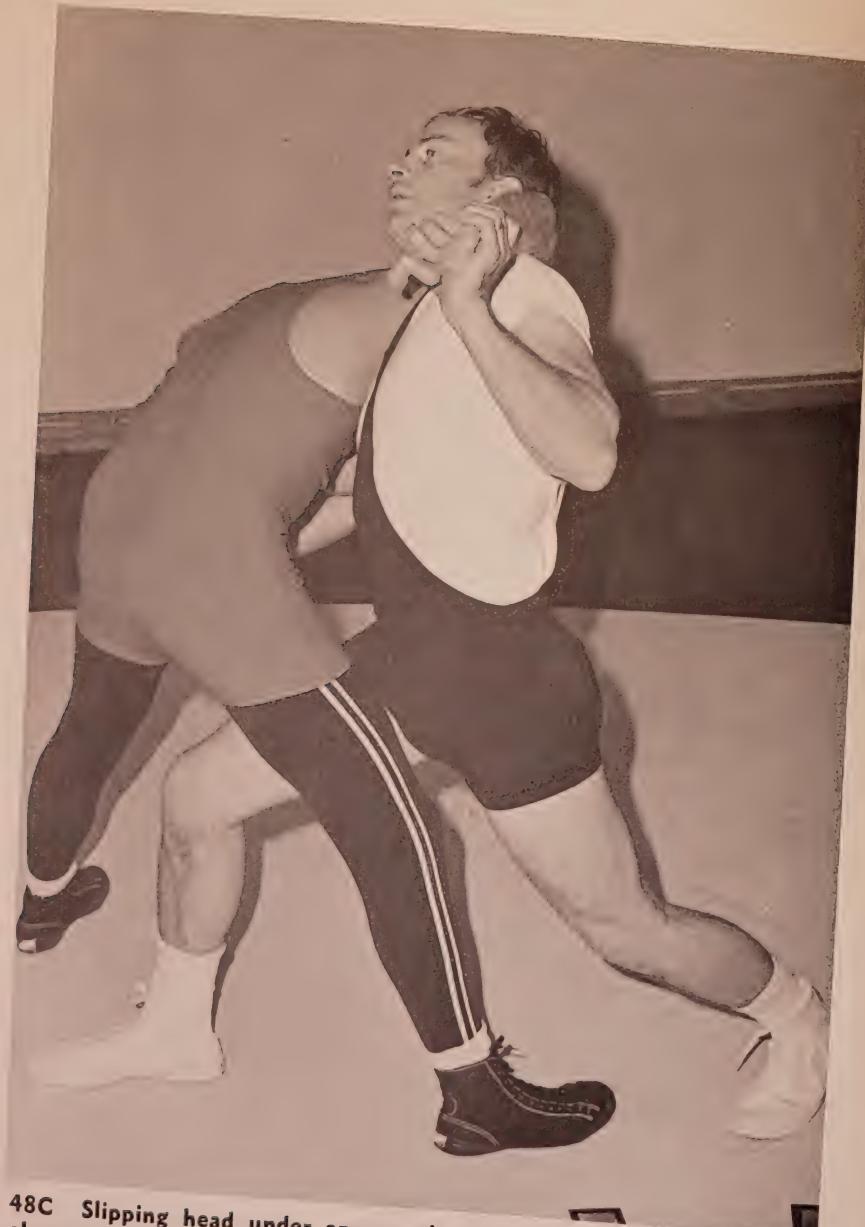
48C Slipping head under opponent's raised arm when he leaves it elevated.

48D Employing a fireman's carry when opponent drives forward.

48E Securing a single leg pick-up when opponent backs away.
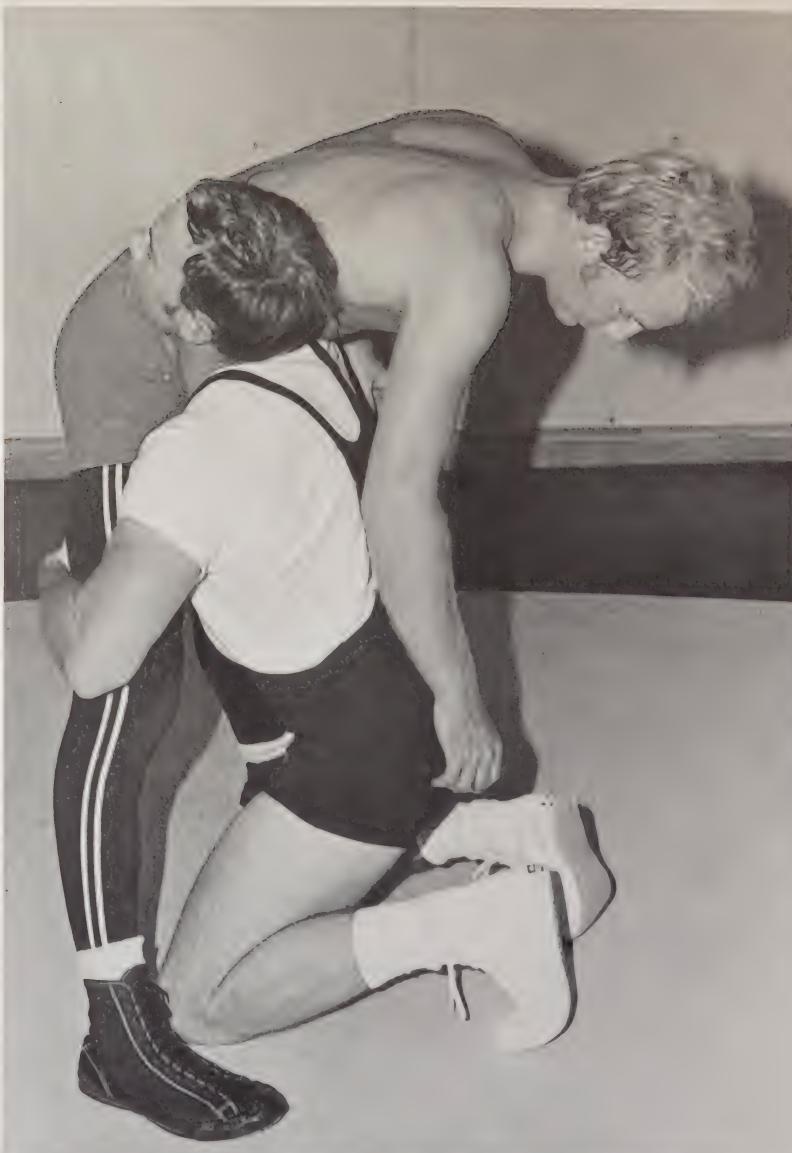
49A Double Leg Dive. Dropping to both knees while securing a hold of opponent's legs.

49B Ducking under opponent's arm if he drives forward.

49C Employing a back heel if opponent backs away.

49D   Gaining a single leg takedown if opponent sprawls.

Less total effort has to be exerted in getting an opponent to move in a desired direction by encouraging him to resist a force in the opposite direction than by pushing or pulling him in the favored direction. It is better to jolt an opponent than it is to push or pull him.

Jolting has no follow through. It is a crisp force executed only with the strength of the arms. There is no shifting of the body's weight. After jolting, an opponent's reaction should be capitalized upon.

An opponent who assumes a stance with his upper body parallel to the mat should be jolted downward. When he resists the jolt, he sets himself up for a head snap (photos 50A and 50B). If he does not resist, he can be encouraged to do so by extending constant pressure on the back of his neck while taking short, quick steps backward in a wide arcing pattern. In order to maintain his balance, he must move forward, thus setting himself up for the head snap. If he attempts to back away, he can be taken down with an ankle pick up (photos 50C and 50D).

Techniques are only as good as the moves used to set them up. They should never be attempted until the opponent is off-guard or in a position to be "taken." Too often techniques are attempted with no preliminary movement. A set-up must be made so as to place the opponent in a weakened position if he is to be taken down, controlled, or pinned.

50A   Head Snap. Staying above opponent and placing pressure on the nape of his neck.

50B   Snapping opponent's head downward if he resists the pressure.

50C Grasping opponent's leg if he backs away while maintaining pressure on the back of his neck.

50D Controlling opponent on the way down to the mat.

19
Baiting an Opponent

MOST OF THE CURRENT WRESTLING LITERATURE AMPLY DESCRIBES THE sequence of moves required to perform the various illustrated techniques properly. However, essential preliminary moves necessary to prepare an opponent for the moment of successful execution of these techniques are generally missing.

Fundamental to the successful execution of any wrestling technique is the set up. This requires initiating specific moves for the purpose of getting an opponent to react in a predicted manner.

In most cases, an opponent can be expected to attempt to capitalize upon a move that he perceives as a mistake. Moves perceived as mistakes or weaknesses are useful in "baiting" an unwary opponent.

Baiting is a clever means of tempting, enticing, or luring an opponent into making a move that will weaken his position. In most instances, it requires exposing part of the body as an invitation for the opponent to attempt some obvious technique. From all outward appearances it would seem to the opponent that an excellent opportunity exists for employing such a technique. Thus, he is drawn off-guard to an attractive opening for which a counter has been prepared. When he attempts to take advantage of this opportunity the counter is applied. The discovery that he has been tricked is only realized after it is too late.

A prime example of a baiting type of set up is illustrated in photos 51A through 51C. While in a fairly erect standing neutral tie-up position, move the palm of the hand to a position under the opponent's elbow. It is important that the thumb be situated on the inside of the opponent's elbow (photo 51A).

The leg, as bait, is placed out in front of the body so as to appear as though it can be grabbed without much difficulty. When the opponent reaches for the extended leg, simply lift up on his elbow (photo 51B). Lifting is relatively easy since his momentum is already moving him in that direction. Complete the maneuver by going behind (photo 51C).

51A Thumb Trap. Tieing-up with a thumb under opponent's elbow.

51B Pushing up on opponent's elbow as he reaches for a leg.

51C Stepping forward and to a position of control.

Setting up an opponent is not confined to takedown situations. In addition to baiting for a takedown, an opponent can also be baited into a pinning situation.

In the riding position shown in photo 52A, the leg is again used as bait to entice an opponent into making a mistake. By bringing the leg within the reach of the opponent, he is tempted to grab for it. As he does, he places himself in a very precarious position (photo 52B). By bringing an arm down onto his neck he can be forced onto his back (photo 52C).

Photo 53A demonstrates how to use the head as bait. Generally, the top man experiences difficulty securing the defensive man's arm in preparation for executing a guillotine. By lowering the head to where it can be grasped, the bottom man is enticed into making the mistake of reaching back to grab it. Photos 53B and 53C show the defensive wrestler making this mistake.

This set up is so sophisticated that the opponent does not immediately realize his mistake. Photo 53D shows him being rolled over into a pinning combination.

No hold or technique is complete in itself, but is valuable only when the preliminary moves necessary to set up the opponent are also known. As much time should be spent working on set ups as on any other phase of a wrestling technique. Hopefully, authors will come to recognize the necessity to include information on set ups as part of the description of how illustrated techniques are to be executed. Only in this way can these techniques be utilized to their fullest potential.

52A   Leg in Lap. Lifting opponent's leg and placing it on a thigh.

52B   Baiting opponent with the far leg.

52C Applying a pinning combination.

53B Allowing opponent to grasp the head.

53A Guillotine. Lowering the head as bait.

53C Rolling over with opponent.

53D   Applying the pinning combination.

20
Twisting Arm Fireman's Carry*

FOR COACHES WHO BELIEVE THERE IS NOTHING NEW IN WRESTLING, THE twisting arm fireman's carry offers an advanced takedown technique that is both subtle and practical and can be used effectively against even the strongest and most experienced opponents.

Studies indicate that the wrestler who takes his man down most often usually will win. Apparently, the knowledge that he can score takedowns gives him a strong psychological edge.

Interestingly, many of the most common techniques are less effective than the less common ones. The rationale is simple: the counters for the popular techniques often are perfected to the point where they are employed automatically. In short, the wrestler is conditioned to counter effectively a familiar technique by reflex.

The opponent who employs a relatively uncommon technique, such as the twisting arm fireman's carry, is thus more likely to catch an opponent by surprise. He can take advantage of opponents who have not mastered (or even practiced) suitable counter-moves.

The accompanying photographs depict the approach, contact, and follow through phases of this new technique. The offensive wrestler is wearing the dark uniform. Incidentally, the maneuver can be employed from either side depending upon the wrestler's style.

From the neutral standing position shown in photo 54A, the attacker grasps his opponent's hand with his palm down and his thumb on the outside of the opponent's wrist. Note that he wraps his hand completely around the opponent's fingers to obtain a great deal of control over the hand. The wrap around grip also makes it difficult for the defensive man to free his hand.

Next, the attacker flexes his elbow and places it inside and alongside of the opponent's forearm (photo 54B). This is the most fascinating part of the entire maneuver as it provides tremendous leverage

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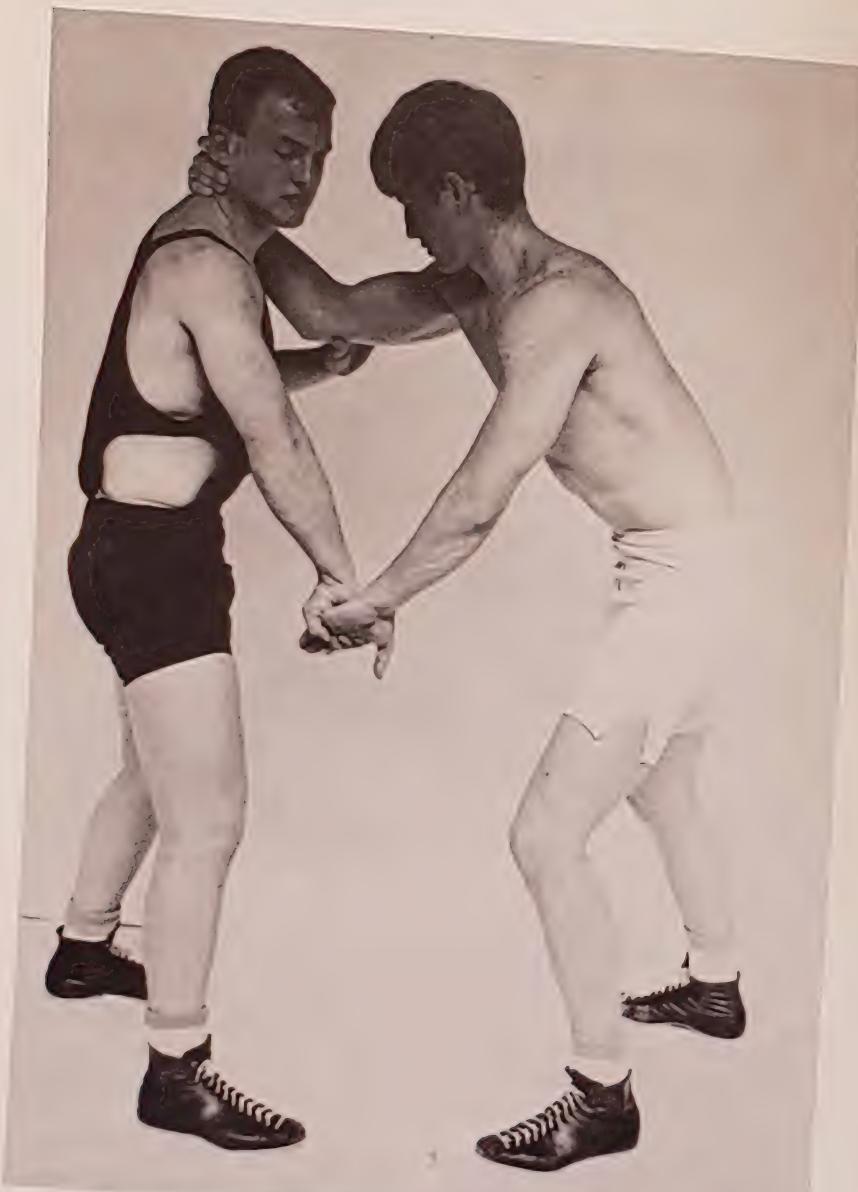
54A Twisting Arm Fireman's Carry. Grasping opponent's hand.
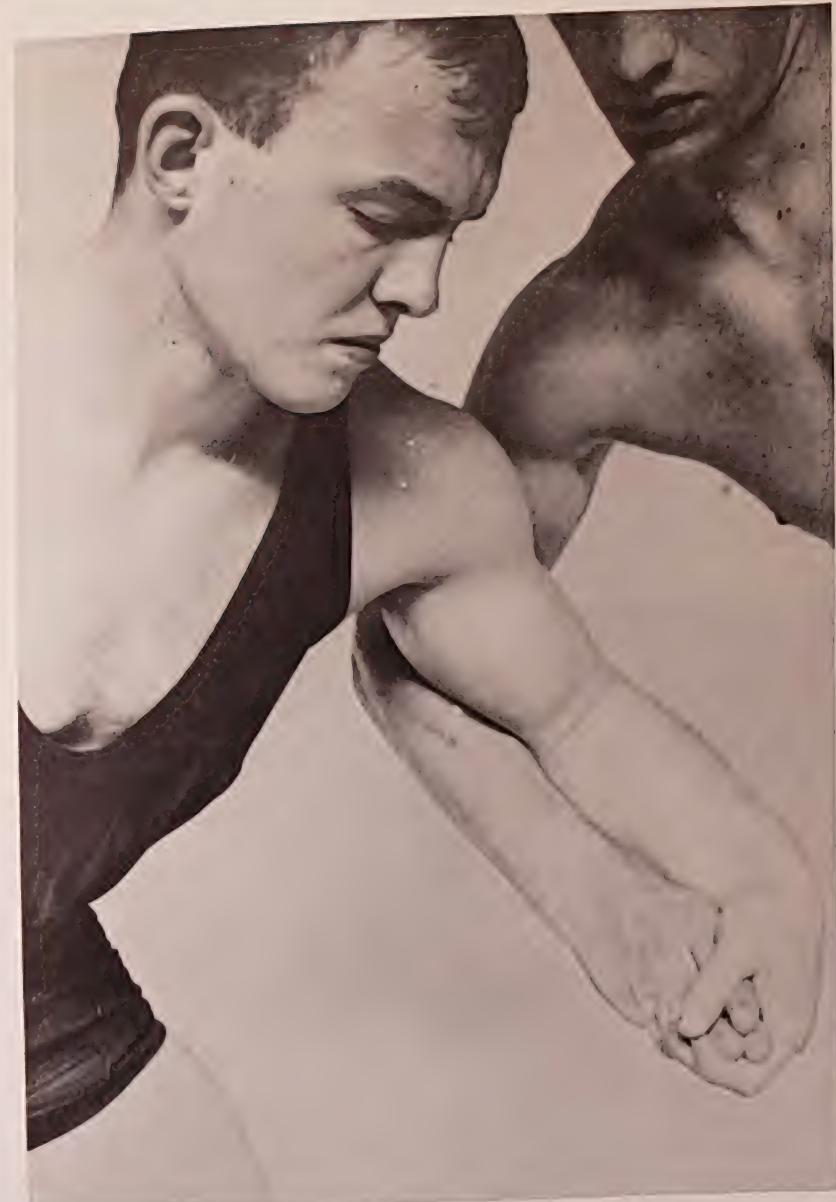
54B Placing elbow inside opponent's arm.

in controlling the opponent's arm. Regardless of the attacker's strength or skill, the amount of pressure he exerts as a result of his mechanical advantage will render his opponent's resistance virtually useless.

From this position, he drives his head forward explosively to a point underneath and beyond the opponent's armpit while maintaining the tight hold on the hand.

In photo 54C, the attacker steps between the opponent's legs while dropping his outside knee to the mat. He jams one arm into the opponent's crotch so that his weight is centered over the crook of the attacker's arm. He keeps his chest close, back straight, head high, and front of his body against the opponent's legs.

The defensive man is confronted with an impossible choice. If he drives forward or maintains his present position, he will be taken down easily. If he tries to counter by stepping backward or sprawling, he will be vulnerable to a duck-under go behind.

In photo 54D, the attacker, with the opponent's weight across the back of his sholders, easily lifts him off the mat. He merely pulls on the captured hand and lifts the arm that is between his legs. The emphasis here is on bringing the opponent's elbow and knee together.

The opponent is lowered onto his back in photo 54E. The attacker then pulls his head out from his opponent's armpit. Proper timing of this move is essential.

The attacker should not release the opponent's hand. As long as he holds on, he maintains a certain amount of control. This can be used to prevent him from turning onto his stomach.

In photo 54F, the attacker has his man in a precarious position and is ready to apply a pinning combination.
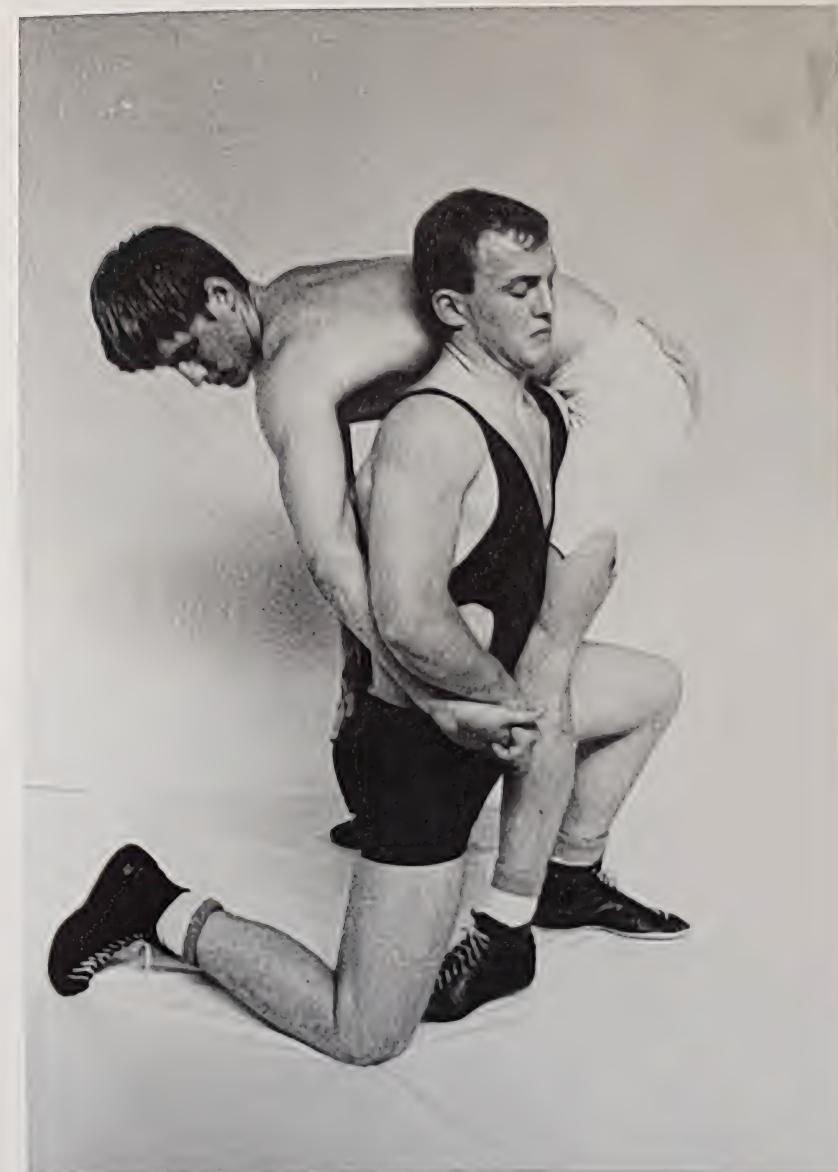
54C Dropping to one knee between opponent's legs.
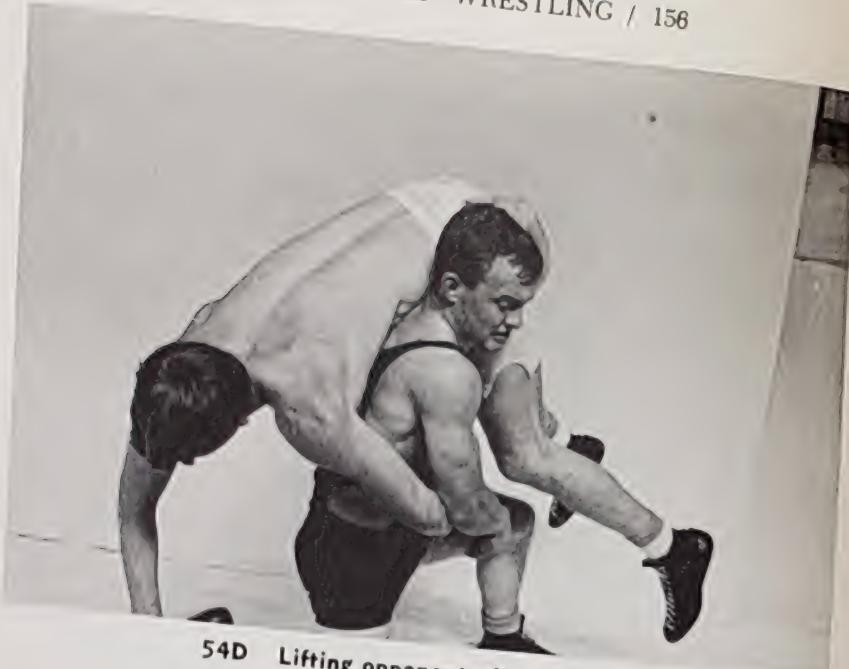
54D   Lifting opponent off the mat.

54F   Applying a half nelson and crotch pin.

54E   Lowering opponent to mat.

21
The Bullfighter

THE BULL TURNS, PAWS THE GROUND, AND CHARGES SPIRITEDLY. THE matador draws the bull's charge by advancing his cape, and with all the beauty and grace of a talented artist, directs the horns very closely past his body.

The matador, whether he is aware of it or not, employs certain

55A   Matador and the Bull

body mechanics in molding, controlling, and eventually dominating the attacking bull. He symbolizes the triumph of finesse over force.

The two basic elements of bullfighting related to body mechanics are force and momentum. The source of force is strength. Without strength there can be no force. Without force there can be no movement.

Movement is both created and destroyed by force. The magnitude of this force is called momentum. It is the product of mass times velocity.

The bull's body constitutes mass and the speed of its movement velocity. The matador controls this unleashed force when he directs the bull's charge under the sweep of his cloak.

The movements exhibited by a matador in controlling the charging bull are similar to those which can be effectively employed in countering leg dives. This is how the technique known as the Bullfighter got its name.

When an opponent rushes in for a leg dive his momentum, like that of the charging bull, can be used to his disadvantage.

Photo 56A shows the wrestler in black attempting a leg dive. His momentum, like that of the bull, can be utilized to his disadvantage.

56A   Bullfighter. Placing forearm on opponent's neck.

This is accomplished by placing a forearm against his shoulder at the side of his neck. The palm of this hand should be facing downward. The forearm acts like the matador's cape in directing the opponent's momentum.

Photo 56B shows the defending wrestler moving out to the side of the rushing opponent. By positioning himself to one side, he gains the mechanical advantage in reducing the amount of expected resistance. The disadvantage that would have been incurred by remaining in the path of the oncoming opponent is thereby avoided.

In photo 56C, the absence of a sufficient resistive force combined with the impetus of the opponent's momentum has forced him onto his hands and knees. While on all fours, it is difficult for him to keep the man on top from pivoting to a position of advantage. As long as the top man's weight is over him with his legs back out of reach, he cannot easily be kept from spinning around to one side.

The Bullfighter is completed in photo 56D when the bottom man is broken down and a pinning combination applied.

Leg dives are the most popularly employed means of gaining takedowns. It is therefore essential that an effective counter be employed.

56C   Pivoting to a position of advantage.
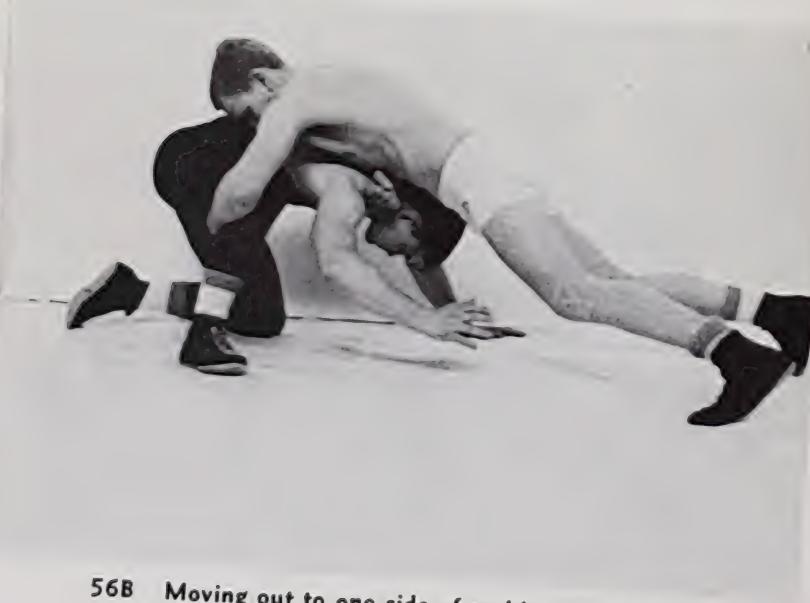
56B   Moving out to one side of rushing opponent.

56D   Breaking opponent down to mat.

The natural reaction would be to shoot the legs back, spreading them wide apart; this not only brings the legs farther from the opponent's arms as he attempts to grasp them, but also gives a wider platform, which the opponent will have more difficulty upsetting. Admittedly, by getting the center of gravity back away from the opponent, it becomes more difficult or maybe even impossible to be lifted off the mat. However, this reaction is more of a block than a counter. It is strictly defensive.

By remaining in the path of the charging opponent, a great deal of energy is expended simply to halt his charge. It would be wiser to put this energy to better use by avoiding the charge in working toward gaining the position of advantage.

Momentum should never be worked against directly. It is unwise to directly oppose a moving opponent. It is much wiser to gain an angle that allows for a distant advantage. In this way, the opponent's momentum can be used against him once contact is made.

A leg drive can be countered most effectively when the laws of movement mechanics are applied. This necessitates placing the body in such a position that the least resistance will be created. Force should then be exerted from an angle so as to parry the opponent's momentum. Less energy is required to divert momentum than is required to overpower it.

22
Taking an Opponent Down from Behind

A STANDING WRESTLER IN THE POSITION OF DISADVANTAGE MUST BE TAKEN down to the mat if he is to be effectively controlled. While standing, he has advantages not possessed while on the mat. He is more mobile, for example. He can move faster and with less effort. Consequently, he is harder to control.

The defensive wrestler can only be scored upon when his shoulders come close to or in actual contact with the surface of the mat. While standing he cannot be scored against.

Another advantage of standing is that it is less tiring. Weight cannot be put on a wrestler while he is standing. He cannot be made to carry the burden of carrying the offensive man's weight.

Methods of taking an opponent to the mat from behind oftentimes require encircling his waist. The fingers of both hands are commonly curled and locked together in one of three types of grips. The following photos show close-ups of each of these grips.

A popular method of taking an opponent to the mat is the tilt (photo 60A). It is executed by bringing pressure to bear on the defensive man's stomach. Squeezing tightly insures that control of the body is maintained. The opponent is then elevated from the mat by thrusting the hips forward and arching the back. The technique is completed by turning him sideways and returning him to the mat.

More strength is required in employing this technique than most others. A considerable amount of caution must also be exercised in returning him to the mat with a reasonable degree of gentleness.

The second method of taking an opponent to the mat from behind is the forward trip (photo 61A). It is most effectively employed when the opponent is leaning forward. A leg should be wrapped around one of his legs. Then by sweeping the leg back while pushing forward with the chest and shoulder he is brought down to the mat.

The third method of bringing an opponent back to the mat is the whirl (photo 62A). This is simplest to employ when the opponent is motionless. It is executed from either side. One foot is placed behind the heel of the defensive man. Simultaneously, the weight is thrown backward. Timing is very important.

As the defensive man falls, he should be whirled around 180 degrees so that he lands on his stomach. When he strikes the mat, a quick turn should be made to maintain the position of advantage on top.

In order to reduce further the possibility of losing the position of advantage, one of the defensive man's arms should be firmly gripped on the way down to the mat. Control of the arm will prevent him from executing a switch counter.

57A Grip "A." This type of grip is formed by hooking the fingers of both hands together and turning the thumbs in to protect them when making contact with the mat.

58A Grip "B." This grip is secured by bending the fingers and thumbs at right angles. In this position, they are cupped. The palm of one hand is faced downward while the other is turned upward so it is at right angles to the other. The thumbs and fingers are then locked together.

59A Grip "C." This grip is commonly referred to as the wrestler's grip. It is obtained by placing the thumb of one hand between the fourth and fifth fingers of the opposite hand. The advantage of this grip is that none of the fingertips are exposed for the opponent to grab onto.
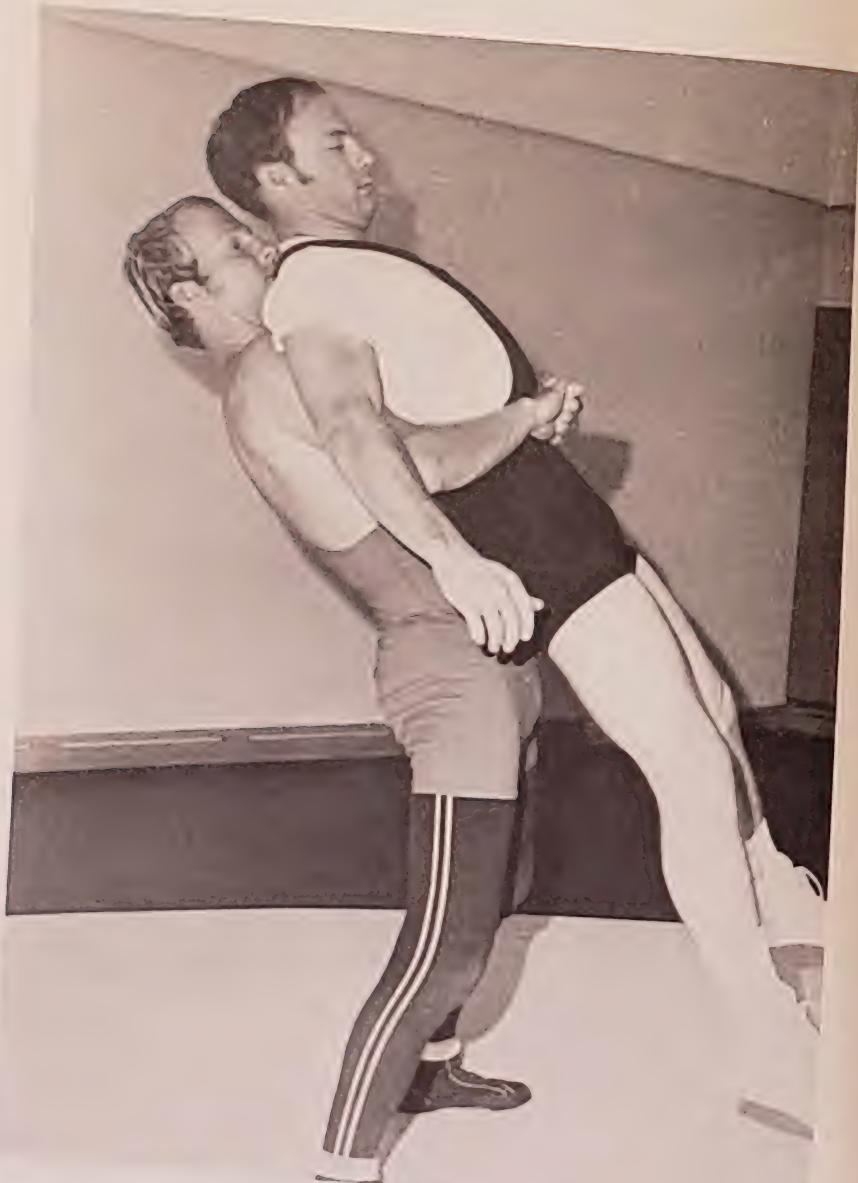
60A Tilt
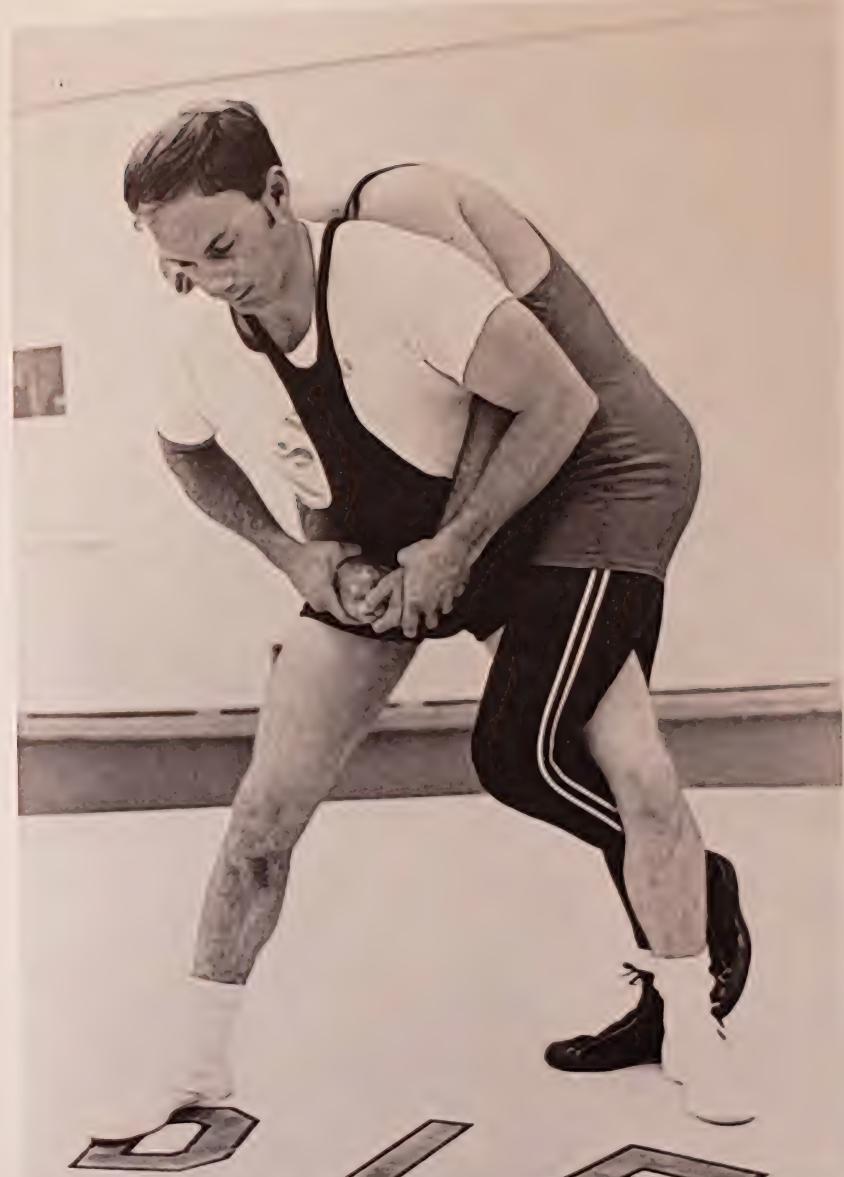
61A Forward Trip

62A Whirl

23
Why the Stand-Up Is So Popular in Collegiate Wrestling

THE STAND-UP IS THE MOST POPULAR ESCAPE EMPLOYED IN COLLEGE wrestling. Research covering sixteen years of N.C.A.A. championship wrestling shows that it is attempted more often than any other escape or reversal. Despite its popularity it is not the most effective escape.

The table below shows that out of the 592 recorded attempts, it was successful only 179 times. In other words, it failed to gain points seven out of every ten times it was tried.

In contrast to this, the sit-out, percentage-wise, was more effective. It succeeded four out of every ten times it was attempted.

TABLE 3

Frequency and General Effectiveness of the Three Most Commonly Employed Escape and Reversal Techniques in Sixteen Years of N.C.A.A. Championship Matches

Escapes and Reversals	Number of Attempts	Number of Attempts Resulting in Points Gained	Number of Attempts Resulting in Points Lost
Stand-up	592	179	1
Sit-out	174	66	7
Switch	132	28	0

The puzzling question is why the stand-up is more popular than other techniques. Several factors may be responsible. There is, for example, less of a risk involved in using a stand-up than is true for most other escapes. Of the 592 times it was attempted, there was only one instance when it lost points for the wrestler attempting it. The sit-out, however, was successfully countered seven out of the 174 times it was tried. Two of these seven counters resulted in falls and cost the wrestlers national championships.

Some wrestling techniques are too risky to wisely be attempted

under the present rules. The rules are set up so that there is basically only one way a wrestler in the bottom position can lose points: if one or both of his shoulders come in contact with or are close to the surface of the mat. The smart wrestler will, therefore, come up off the mat as often as possible. Standing is the safest position. While standing, his shoulders are the farthest possible from the mat. The odds favor his standing as opposed to being down on the mat.

Most escape and reversal techniques, which are employed from down on the mat, can also be employed from standing. The only difference is that when executed from a standing position, there is less of a risk of losing points if they are countered.

The farther the shoulders are kept from the mat the harder it is for an opponent to score points. A mistake made four feet above the mat is of little consequence. However, the same mistake made four inches from the mat surface may cost the wrestler the match.

Another equally good reason for the popularity of the stand up is that after gaining a standing position, the wrestler only has to carry his own weight and not that of his opponent. This reduces his energy expenditure, and makes it possible for him to employ that energy in attempting to get away. It also enables him to shift his weight easily in maintaining balance. The less weight he has to carry the easier it is to escape. By forcing his opponent to carry the burden of his own body weight, the opponent will likely tire sooner.

Another advantage of standing is mobility. The wrestler is most mobile in a standing position. His capacity to move fast is much greater while standing than in any other position. While standing, he is harder to control. On the mat he is at a distinct disadvantage, inasmuch as his maneuverability is vastly decreased.

There are basically three methods of standing up. They are: (1) by bringing the outside leg forward, (2) by bringing the inside leg forward, (3) by bringing both legs forward at the same time, and (4) by bringing the weight of the body back over both legs.

Each of these methods of standing up requires that the head be held high, the back be kept straight, and the elbows be tucked in tightly to the sides of the body. These moves are necessary in order to be assured that there is a strong supporting base from which to work.

The initial sequence of movements employed in performing the bump back stand-up illustrated in photos 63A through 63C.

While gaining altitude (in coming up to a standing position), the chest should be lifted high, the spine kept straight, and the opponent's hand removed from the elbow (photo 63D). For maximum

control, the fingers of the opponent's hand should be cupped while it is being forced back (photo 63E).

The captured hand should be placed behind the body while taking a firm grip of the hand that is around the waist (photo 63F).

The hand on the waist should be peeled off while moving out away from the opponent. A firm grip should be maintained until after pivoting to face the opponent (photo 63G).

The following is a list of fundamentals that should be adhered to regardless of which method of standing up is employed:

1. Always keep the head up and back straight;
2. Always use two hands to control one of the opponent's;
3. Always use the feet moving in short choppy steps;
4. Always keep the elbows close to the sides of the body;
5. Always keep plenty of mat space ahead of you.

Some of the things that should be avoided when standing up are:

1. Never bring the hips up first;
2. Never swing the arms out away from the sides of the body;
3. Never spread the legs;

63A   Bump Back Stand Up. Starting referee's position.

4. Never stand still;

5. Never move in a straight line.

Most escapes from down on the mat can also be used from standing. However, there is less of a risk when they are employed from standing. This plus the fact that standing up is less tiring and has fewer limitations on mobility accounts for its popularity in collegiate wrestling.

63B Pushing back to a squatting position.

63C Keeping the arms in close to the sides of the body.
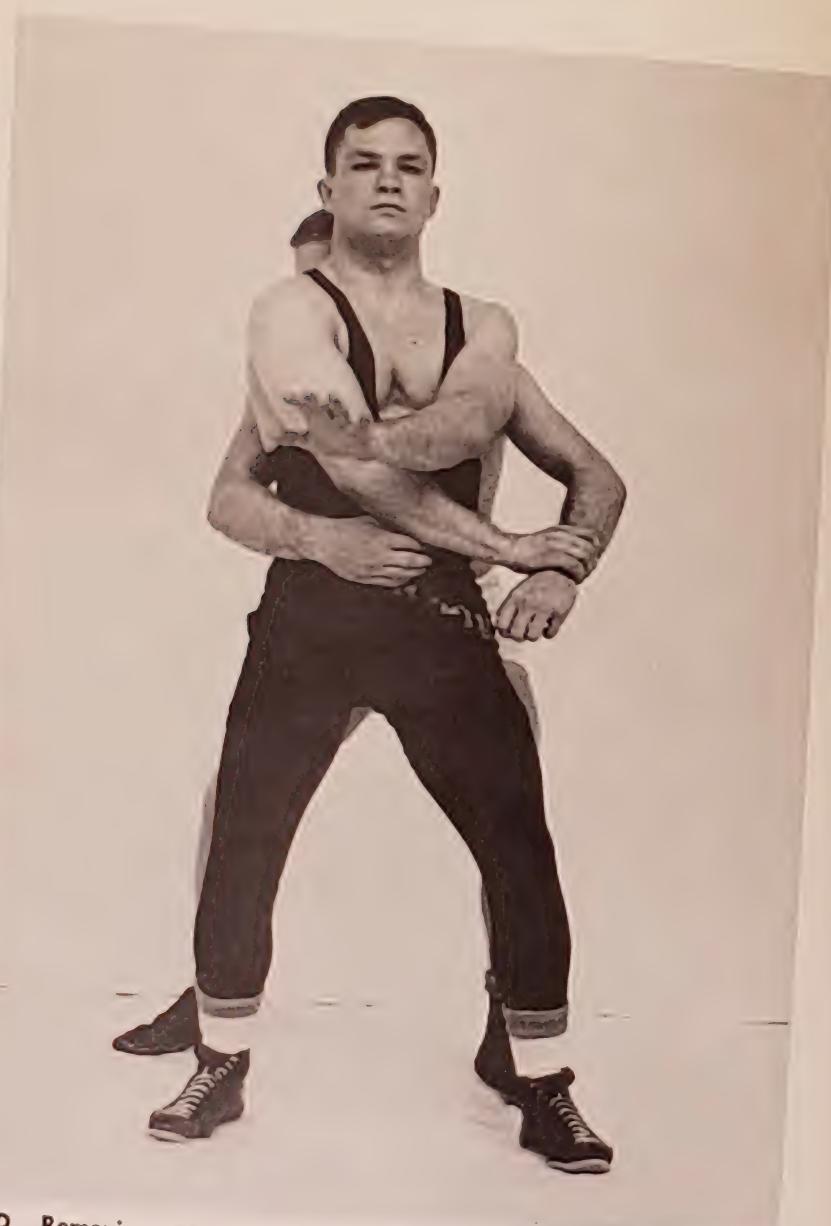
63D Removing opponent's hand from the elbow while coming up to standing.

63E Forcing opponent's hand to the rear.

63G   Pivoting to face opponent.
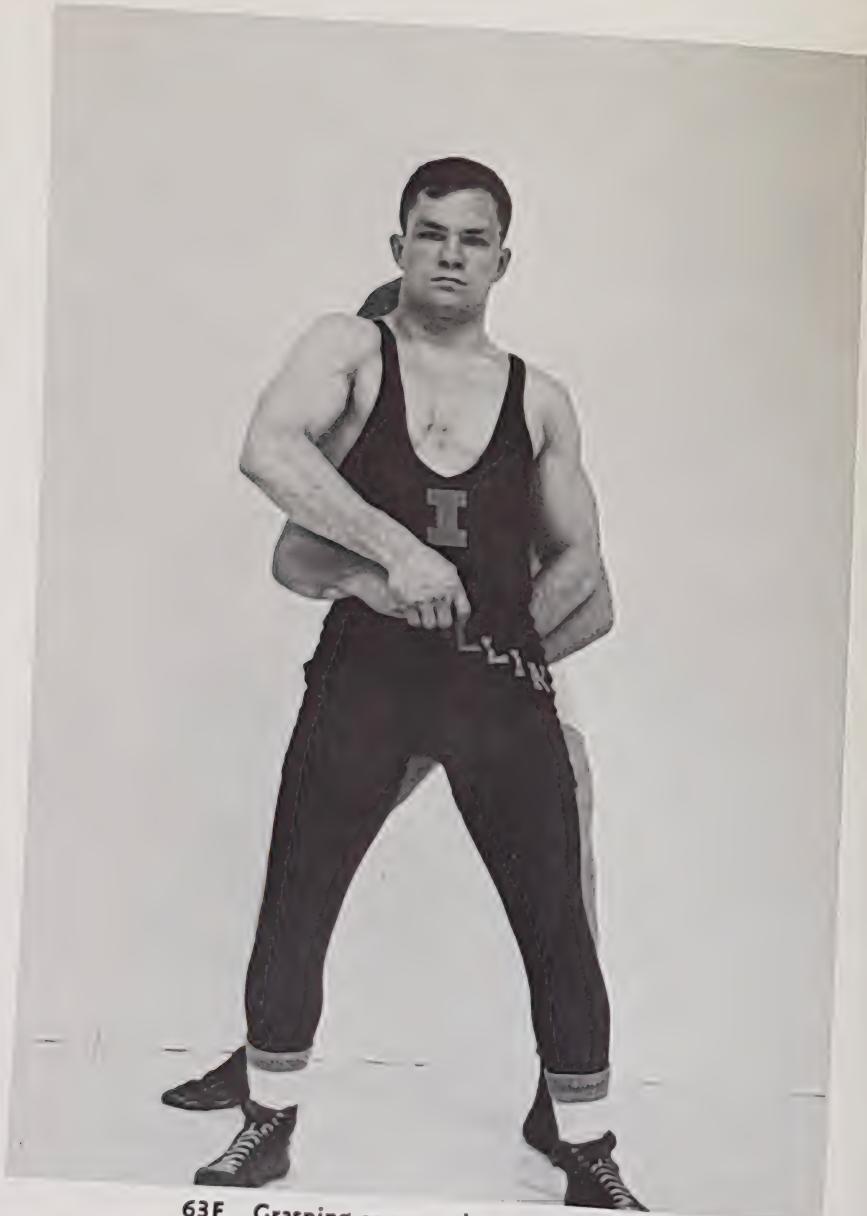
63F   Grasping opponent's other hand.

24
The Short Sit-Out: A Dangerous Wrestling Technique*

A CRITICAL ANALYSIS OF THE RELATIVE EFFECTIVENESS OF ALL ESCAPE and reversal techniques employed in the N.C.A.A. championship wrestling matches from 1952 to 1955 and from 1956 to 1969 indicates that the short sit-out is the one technique that requires the defensive wrestler to take the greatest risk in losing points if it is successfully countered. In other words, according to this research study, the short sit-out is the one escape technique that is most likely to lose points for the wrestler attempting it.

The success of a wrestler or of an entire wrestling team is dependent to a large extent upon the effectiveness of the escape techniques taught by the coach. The general practice has been for most coaches to teach those techniques which in their opinions, based on past experience, were most effective for them. While the majority of the techniques selected by coaches are effective part of the times they are employed, many are, however, of doubtful value. One such technique is the short sit-out.

The defensive wrestler, in photo 64A, while executing the short sit-out, is in a precarious position since he has very little support to his back side. In this position, there is a danger of being pulled over onto his back as is illustrated in photo 65. Also, while in this sitting position, the defensive wrestler has very limited mobility. This limitation on movement is a result of unstable posture and balance.

Coaches would be wise to teach techniques that have been used most successfully by champions. The short sit-out is definitely not one of them. In sixteen years of championship matches in N.C.A.A. competition, the short sit-out has lost points or the match for the offensive wrestler on seven occasions while gaining only 66 points

* This article reprinted with the permission of *Scholastic Wrestling News*, February 15, 1970.

64A   Short Sit-Out

65A   Short Sit-Out Counter

in 174 attempts, 15 points (five near-falls) and two national championships for those wrestlers attempting it.

Some coaches will teach techniques that can be executed successfully against beginners and opponents of poor caliber, but when these same techniques are employed against stronger, more experienced competitors they prove to be ineffective. The chances of these techniques being successfully countered is high.

A certain amount of discretion should be exercised in the selection of the techniques taught. Since the primary interest of coaches is to get the most positive results from the time and effort invested, techniques of dubious merit, such as the short sit-out, should be avoided. In order to do the most to complement their efforts to produce winning teams, coaches have to consider not only those techniques which have the greatest chance of gaining points, but also those which are the most likely not to lose points if they are successfully countered. A minimum recommendation in terms of teaching the short sit-out would be that if it is attempted, it should be done with the utmost caution since the risk of losing points appears to be greater than any other escape technique. The main purpose for teaching the technique might be to practice a counter for it. Its use, however, as an escape technique should be discouraged. Discouraging the use of the short sit-out is best accomplished by teaching an effective counter before the technique is mastered. If the counter is emphasized before the skill is executed proficiently, it will not likely be included in the wrestlers' repertoire.

The short sit-out counter illustrated in photo 65A is employed in the following manner. When the offensive wrestler completes the sit through to the sitting position, the defensive wrestler drops his right hand over his opponent's right shoulder, grasping his chin, while bringing his left hand, which is around his opponent's waist, to a position under his opponent's left armpit. He carries his head to the left of his opponent's head. This, then, checks his opponent in a sitting position. Now the opponent is jerked backward with a sudden pull of both hands. While being pulled backward, the opponent's chin is snapped to the right. This counter is commonly referred to as an arm lock and chin cup, or drop back.

25
Stand-Up with Hand Control

THE KEY TO EXECUTING AN EFFICIENT STAND-UP LIES IN CONTROLLING the opponent's hands. This is the most important single factor in successfully escaping by means of the stand-up.

The stand-up escape is commonly countered when the offensive wrestler succeeds in his attempts to lock his hands around the bottom man's waist. With proper hand control, the opponent can be prevented from locking his hands. Starting in the referee's position, the bottom man should adhere to certain fundamentals. He should keep his head up and back straight. His weight should never be over his hands. This tends to anchor them to the mat. Instead, the weight should be set back over the haunches. This permits the hands to be moved freely. The toes should be curled under. This provides for a springlike coil action in raising from the mat. Keeping the hands turned in slightly, with the elbows bent, also assists in moving explosively to a standing posture (photo 66A).

Regardless of the type of stand-up employed, hand control should always be initiated by bringing the inside arm back to a position against the side of the body. The upper part of the arm should be held tightly to the flank so no space exists between the arm and the body. When the opponent reaches over the arm, he can be prevented from joining his hands by moving the arm away from the side of the body. If he draws his hand back and tries to place it between the body and the extended arm, the arm simply needs to be brought back to the side of the body. While the opponent is attempting to interlock his hands, the far arm should be brought across in front of the body in order to grasp the fingers of his hand (photo 66B).

While holding the opponent's fingers out away from the body, the other hand should be used to reach up and regrasp the fingers with both hands (photo 66C). This is hand control. It involves using two hands to control the opponent's one hand. Two on one permits the opponent's hand to be forced back behind the body (photo 66D).

66A   Inside Leg Stand-Up. Starting referee's position.
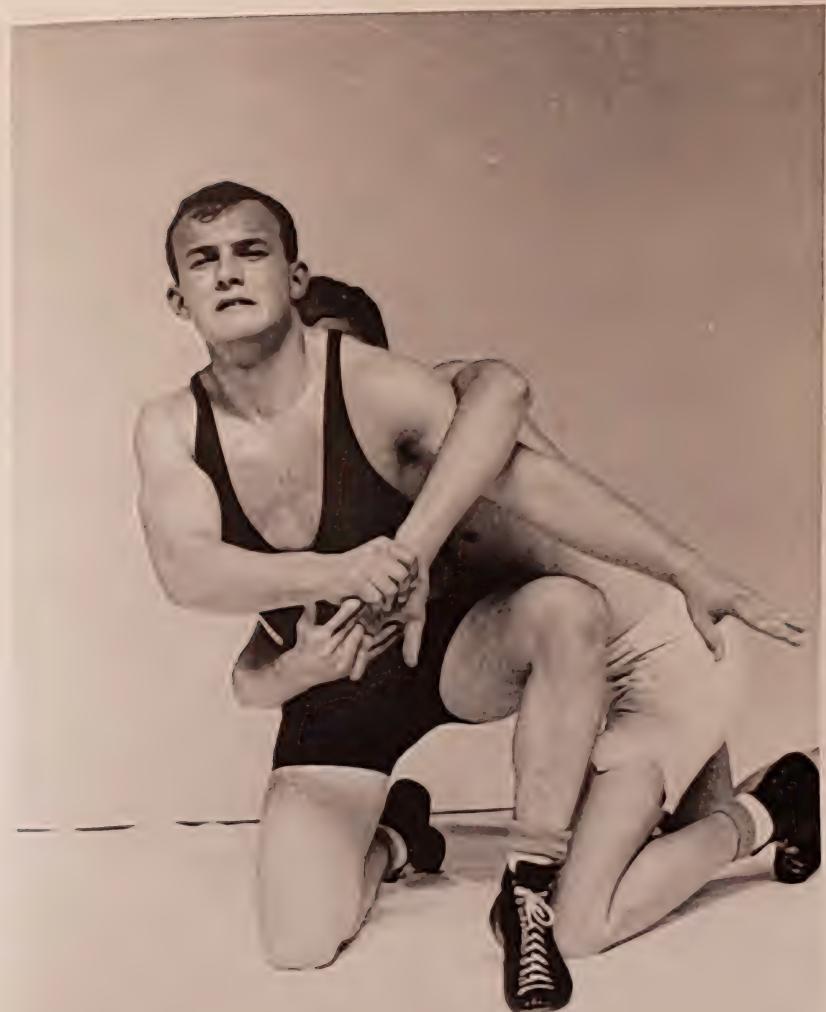
66B   Stepping forward with the inside leg.
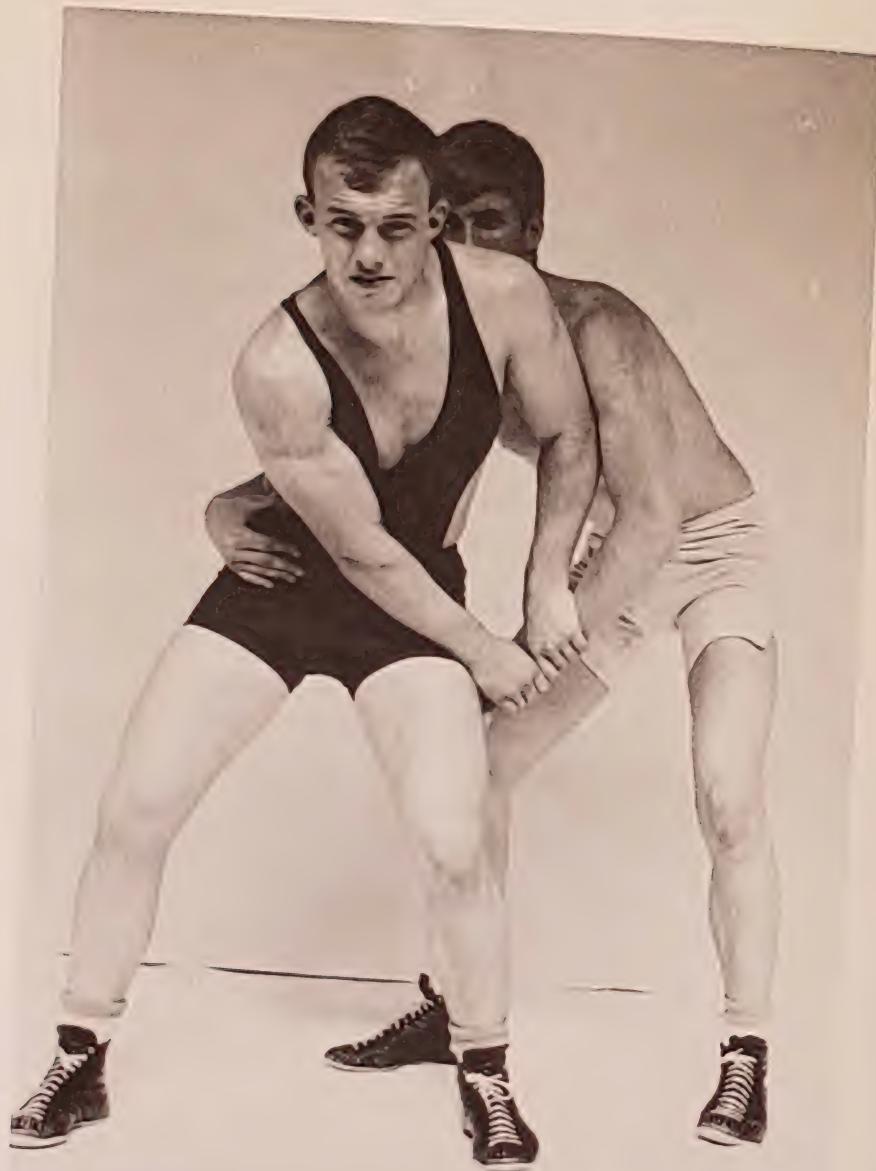
66C   Forcing opponent's hand behind the body.
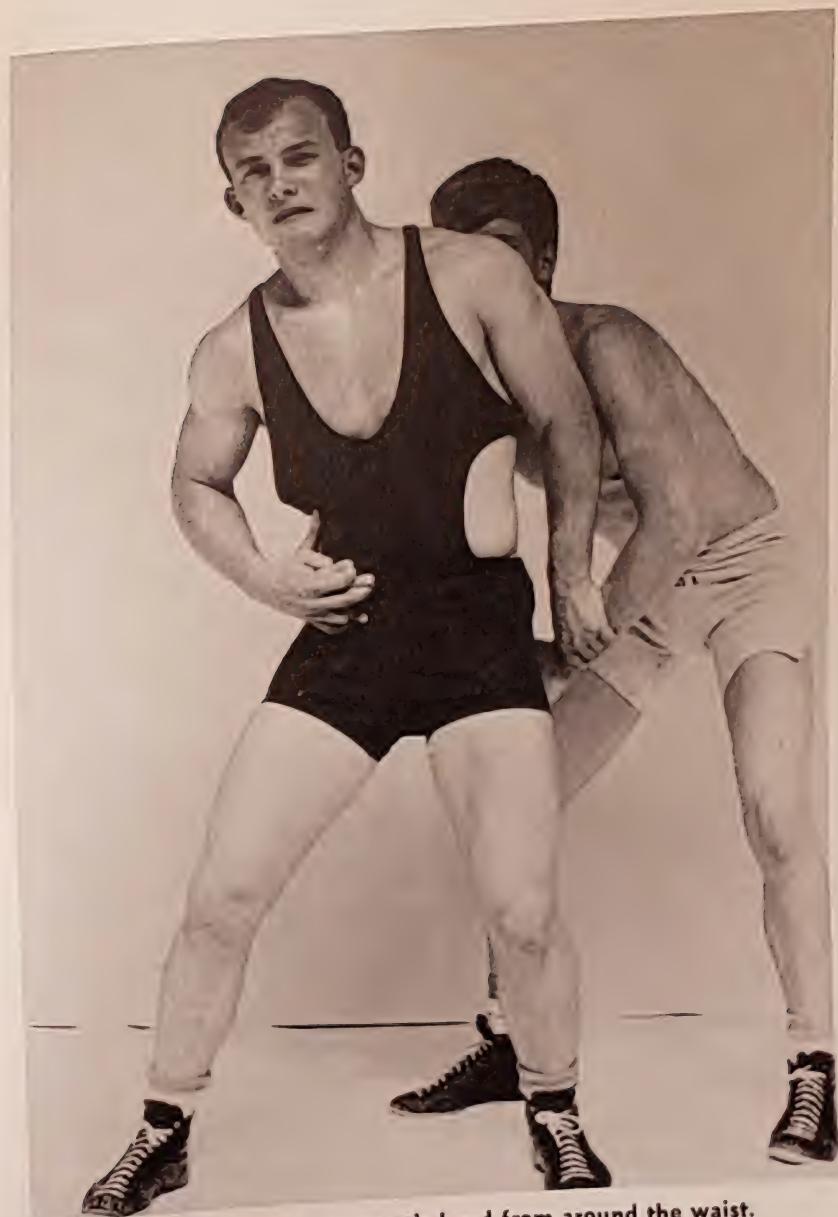
66D   Removing opponent's hand from around the waist.
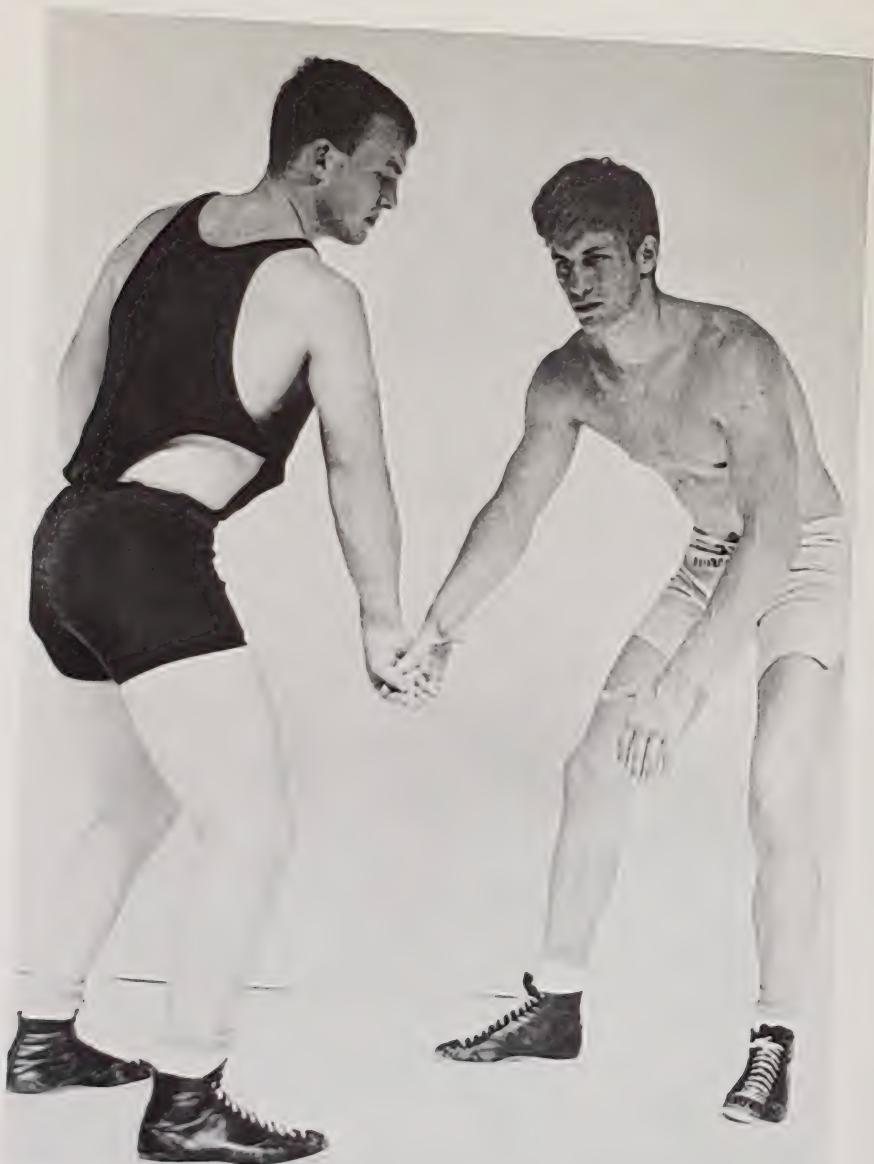
66E   Turning to face opponent.

**67A   Stand-Up (Incorrect Method #1). Creating a space between the side of the body and the arm is a mistake.**

The opponent now has only one arm around the waist. In this position, it is impossible for him to prevent an escape. The escape is completed by retaining a grip on the hand that is behind the back while turning to face him (photo 66E). The turn should be made by pivoting quickly.

When standing up, it is not necessary to initially grab for the hand that is around the waist. Grabbing this hand would be a mistake since it creates a space between the arm and the side of the body. This is illustrated in photo 67A.

The hand that is on the elbow is the only one to be concerned about. It is this hand and not the one around the waist that will determine whether the opponent will be successful in locking his hands about the waist.

If the opponent is successful in locking his hands around the waist, his hold will most likely have to be forcibly broken by separating his hands (photo 68A). To separate his hands, a strong crouching posture has to be retained while lifting one hand, pushing down the other hand, and simultaneously pulling them apart (photo 68B).

A stand up should be employed any time an opponent does not
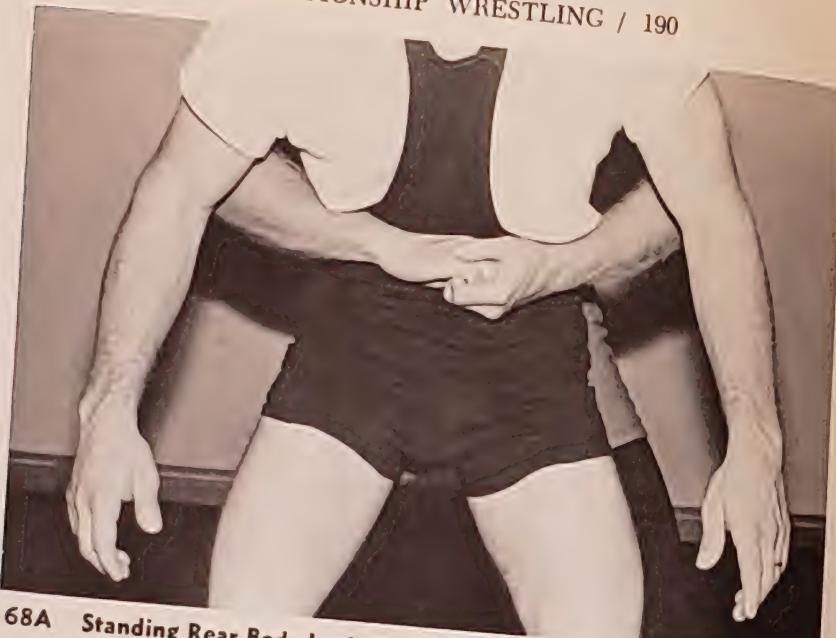
68A Standing Rear Body Lock Counter. Having opponent's arms locked around the waist.

68B Separating opponent's locked hands.

69A Stand-Up (Incorrect Method #2). Rising to a standing position improperly by neglecting to keep the elbow tucked into the side of the body.

control the legs. Standing up is the least dangerous move, since it is most hard to control a wrestler on his feet.

The best defense from underneath is to come up to standing. This must be done while keeping the inside elbow tucked in to the side of the body, and not in the manner illustrated in photo 69A.

It is advisable to keep the body perpendicular while getting to a standing position. This prevents the opponent from employing a cradle counter. The incorrect way of raising from the mat with the head held low is illustrated in photo 70A.

When coming up off the mat, the shoulders should be thrown back to relieve the burden of the opponent's weight. Rise quickly, keeping the spine straight. The feet should be spread, the knees bent, and the body low.

Emphasis should be on gaining control of the offensive man's hands. It is foolish to have to work to break an opponent's grip when he could initially be prevented from locking his hands.

After having come up to a standing position, the bottom man should run forward in short choppy steps in order to keep the opponent from being able to reach down and grasp a leg. The pattern

70A Stand-Up (Incorrect Method #3). Failing to keep head high while coming to a standing position.

of running should be circular so as not to be forced off the edge of the mat.

The stand-up is the least exhausting escape technique that can be employed from the referee's position. Unlike other escapes, the wrestler does not have the weight of the top man on his back. This provides for greater freedom of movement and maneuverability minus the burden and hindrance created by an opponent's additional weight.

The disadvantage of carrying an opponent's weight is the higher energy cost. Excess weight causes early fatigue. The sooner a wrestler tires the less efficient will be his efforts to escape. Carrying an opponent around on his back drains his energy and eventually costs him points. It is best to stay up and off the mat.

The stand-up is the safest escape technique that can be attempted, since it places the wrestler's shoulders the greatest possible distance from the mat.

Most escape maneuvers that are attempted on or near the surface of the mat are too risky to attempt under the present rules. As long as points are awarded in accordance with the proximity of the shoulders to the mat surface, it is wisest to come up off the mat as soon and as often as possible.

26
Standing Versus on the Mat Escapes and Reversals*

DURING THE PAST YEAR, THE AUTHOR COMPLETED A STUDY ON THE RELA-
tive effectiveness of escape and reversal techniques performed in the
N.C.A.A. wrestling championships from 1952 to 1969, excluding 1955.

One of the most significant conclusions was that the standing
position offers a safer option than the mat position on any escape
or reversal, which can be executed from either position. The wrestler
who effects the move from the standing position will be less likely
to lose points.

The accompanying table offers a comparison between identical
escape and reversal techniques as performed standing and from the
mat, with respect to the percentage of attempts that resulted in no
loss of points.

TABLE 4

Comparison Between Identical Escape and Reversal
Techniques Performed from Mat and Standing
Positions at N.C.A.A. Championships from
1952 to 1969 (Except 1955)

Escape or Reversal Technique	Percentage of Attempts Resulting in no points Being Lost
Stand-up-turn	99.8
Sit-out-turn	96.0
Stand-up-switch	100.0
Switch	100.0
Stand-up-roll	100.0
Side-roll	98.3
Stand-up-shoulder-roll	100.0
Shoulder-roll	98.2
Stand-up-whizzer	100.0
Whizzer	95.6

* This article reprinted with the permission of Scholastic Coach, May, 1970.

The data clearly favored the standing position. When skills such
as the side-roll, shoulder-roll, and whizzer were attempted from the
standing position, they never lost points for the defensive wrestler,
whereas when they were attempted on the mat, a definite percentage
of them did lose points for the performer.

From this, we can deduce that the height at which execution is
effected can be considered a sound basis for the selection of escape
and reversal techniques.

The wrestler in the underneath or defensive position must attempt
either an escape or reversal in order to gain points. He has the option
of many techniques, several of which can be attempted from either a
standing position or on the mat.

Each option possesses a varying chance of success and a varying
amount of risk. Some obviously are riskier than others. Many have
approximately an equal chance of success. But the least risky options
are those which can be performed from a standing position, as the
wrestler will be in a higher position than his opponent throughout
the move. Chances are that a mistake four feet above the mat won't
cost him points, whereas a mistake one to four inches off the mat
could cost him two or three points.

The problem of deciding which technique to use to get free or
gain a position of advantage can be a difficult one for a wrestler who
is unfamiliar with the relative effectiveness of his techniques. The
smart wrestler will play the percentages. He won't gamble unless the
situation leaves him little choice. That means he won't attempt any
tecnnique from the mat that can be done standing, unless time is
running out and he is behind in the score.

Whenever such a technique is performed from on the mat (instead
of from standing), the athlete should exercise greater caution, as the
risk of losing points is greater. The good wrestlers play the percentages
as much as possible during the entire match and resort to gambling
only when the situation warrants a calculated risk.

The most effective escape and reversal techniques are those which
gain points most of the time and rarely lose points when they are
countered: in short, the techniques which are both the most successful
and the safest.

The following five techniques are illustrated from the standing
position, though they can also be performed from on the mat: (1) the
stand-up-turn (commonly called the sit-out-turn done on the mat),
(2) the stand-up-side-roll (the side-roll on the mat), (3) the stand-up-
switch, (4) the stand-up-whizzer, and (5) the stand-up-shoulder-roll
(the switch, the whizzer, and the shoulder-roll on the mat).

Their execution from the standing position assures the wrestler of
the least amount of risk from successful counters.

Stand-up Turn

The defensive wrestler begins by shoving off from the mat with both hands, throwing his weight back upon his knees and feet, gaining height by lifting his chest high, and immediately grabbing the hands of his opponent. With a quick decisive movement, he spreads the opponent's hands apart, freeing himself, and turns to face the opponent.
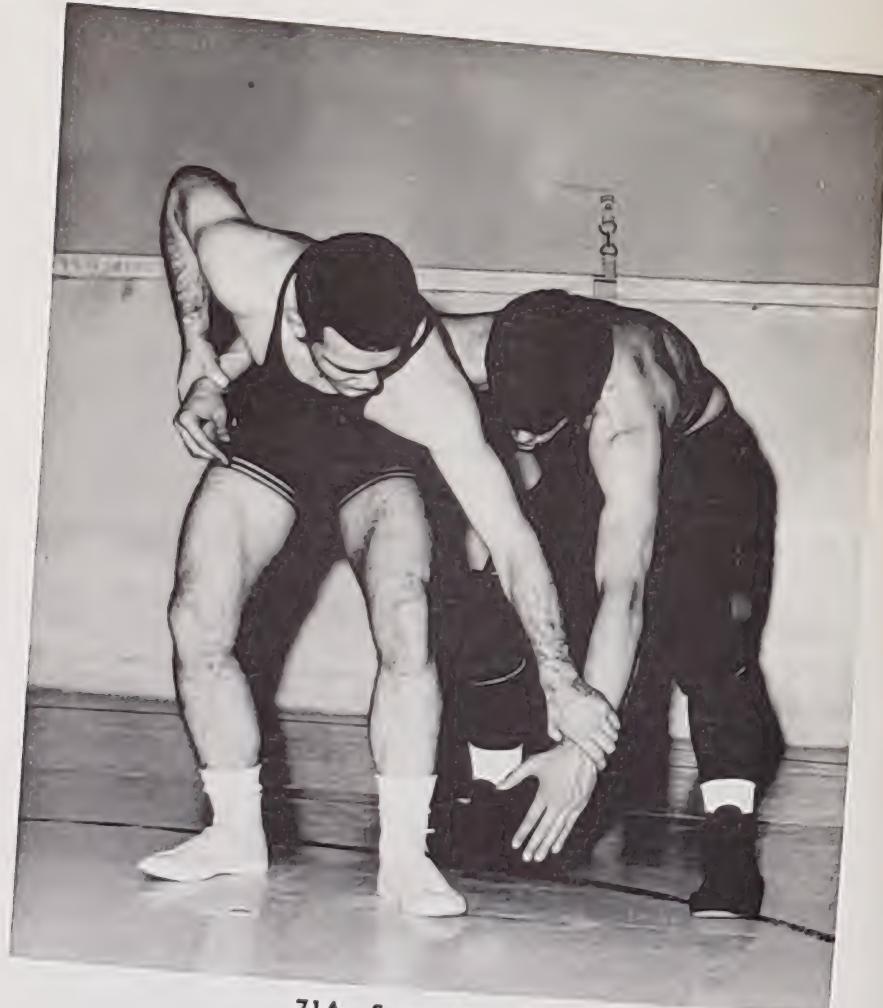
72A   Sit-Out-Turn

71A   Stand-Up-Turn

73A   Counter to Sit-Out-Turn

Stand-up-side-roll

The wrestler wraps his right arm around the opponent's right arm, above the elbow. He then drops his left leg back on the mat to the outside of his man's right leg and rolls forward over his right shoulder at an angle of 45 degrees, carrying the opponent with him by pulling on his right arm. He lands with his body perpendicular to his opponent and his back on the opponent's chest, and then makes a quick turn toward the opponent's legs.
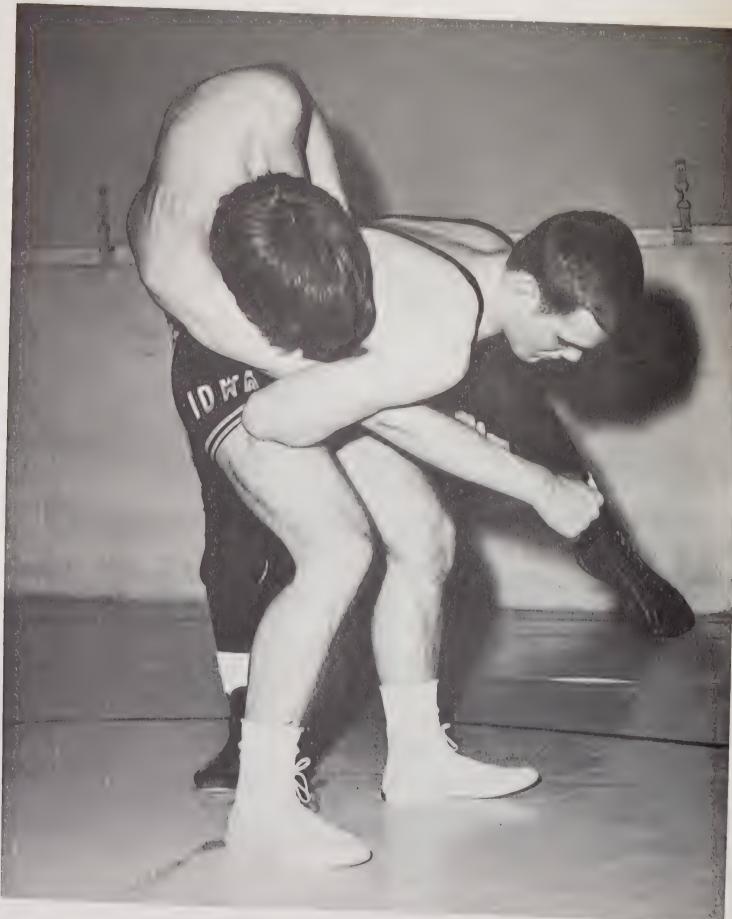
75A   Side-Roll

74A   Stand-Up-Side-Roll

76A   Counter to Side-Roll

Stand-up-switch

The wrestler grasps his opponent's right hand with his right hand while placing his left palm against the inside of the opponent's right thigh. With his right arm over the opponent's right arm, the wrestler is now able to force his opponent down flat on the mat by simply sitting down. Once on the mat, he should move on top of the opponent's back by turning to his right and swinging his left arm around the man.
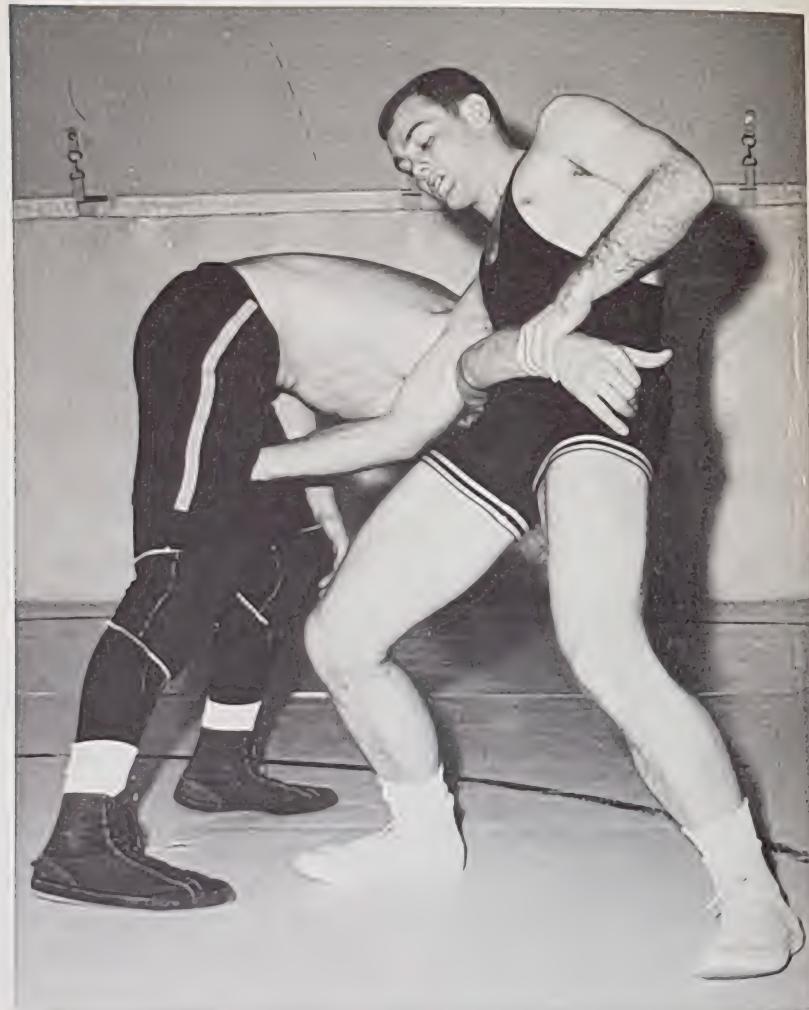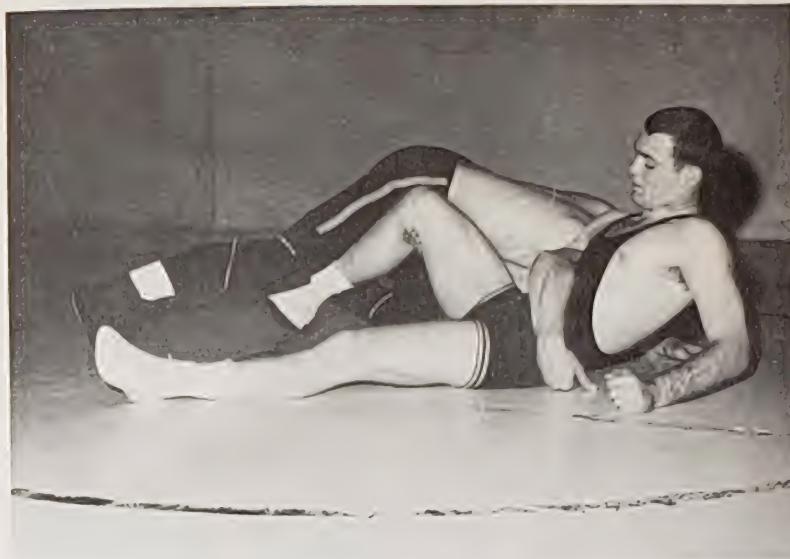
78A   Switch
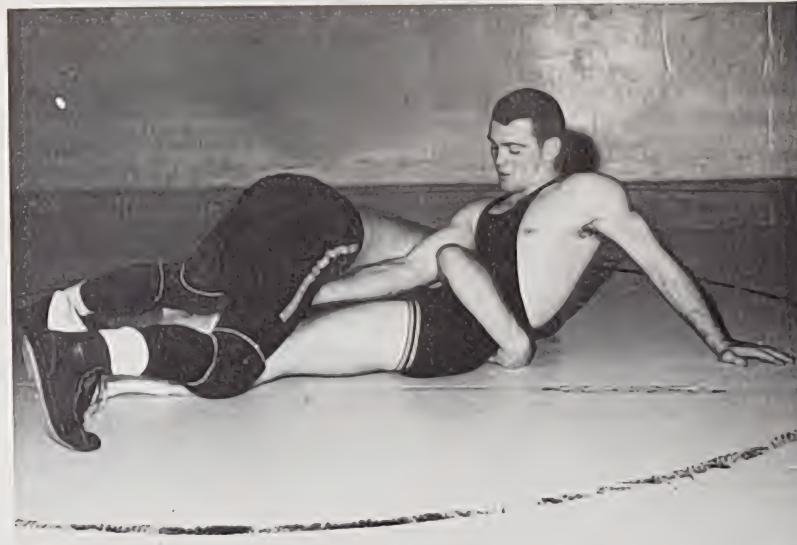
79A   Counter to Switch

77A   Stand-Up-Switch

Stand-up-whizzer

The wrestler swings his left arm back over his head to the top of the opponent's right bicep. He exerts pressure down onto the man's shoulder joint and then turns in facing his opponent to effect an escape.

80A   Stand-Up-Whizzer

81A   Whizzer

82A   Counter to Whizzer

Stand-up-shoulder-roll

The wrestler bends forward sharply at the waist while tucking his chin to his chest. He then forcefully drives off one of his feet while kicking the other over his buttocks, enabling him to somersault to a position in front of his opponent.

84A   Shoulder-Roll

83A   Stand-Up-Shoulder-Roll

85A   Counter to Shoulder-Roll

27
Standing Chain Wrestling

STANDING CHAIN WRESTLING CAN BE DEFINED AS A SERIES OF TECHNIQUES executed from a defensive standing position in a continuous manner in accordance with the movements of an opponent. It entails linking, putting together, or coupling individual isolated techniques into a uniform uninterrupted series. Any technique executed with the full intent of making it successful and with the insight into predicting blocks and counters can be employed in chain wrestling.

Insight into various combinations makes it possible to execute secondary moves utilizing the opponent's weakened position resulting from his having blocked or countered an initial technique.

Wrestlers often stop after attempting one escape or reversal. By failing to attempt another technique immediately the opponent is given time to adjust and prepare to block or counter the next move. If such a large gap of time elapses between a wrestler's initial move and his subsequent moves, the opponent will likely have little difficulty blocking or countering each one individually. Consequently, the effectiveness of any escape or reversal pattern is destroyed.

Seldom is success realized by attempting one isolated technique. This is particularly true as the level of ability in competition increases. Highly competitive matches, almost without exception, entail several successive techniques being countered before one is successful. Isolated techniques are rarely successful in top-notch competition.

Techniques are valuable only when combined. By themselves they are, in general, of little worth. None is complete in itself, but of value primarily when integrated into a sequence.

Chain wrestling requires building techniques upon other techniques. It is dependent upon continuity and sequence of movement. Only by merging techniques into some sort of chain or series can the most positive results be realized.

Three common methods of coming up to a standing position are presented below.

206

86A　Outside Leg Stand Up. Keeping the toes tucked under, head up, the palms turned inward in the referee's position.

86B　Stepping forward with the outside leg while bringing the inside arm back against the side of the body.

86C Keeping the back straight while moving up.

86D Placing two hands on opponent's one hand.

86E Removing the hand from around the waist while turning and moving away.

87A Inside Leg Stand Up. Bringing the inside arm back against the side of the body to prevent opponent from locking his arms around the waist while stepping forward with inside leg.

87B Reaching across to grasp opponent's hand.

87C Securing a firm grip on opponent's hand.
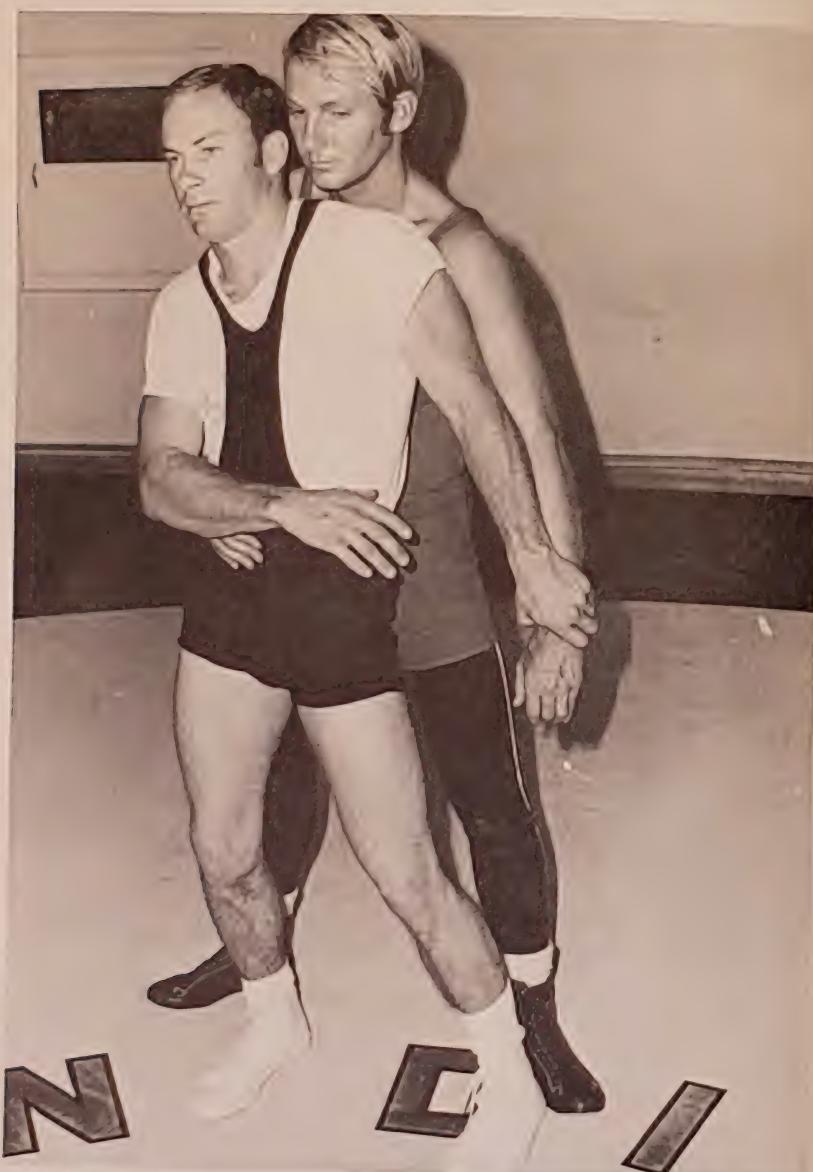
87D   Coming up to standing while forcing opponent's hand back.

87E   Continuing to force hand to the rear while reaching for the hand that is around the waist prior to turning to face opponent.
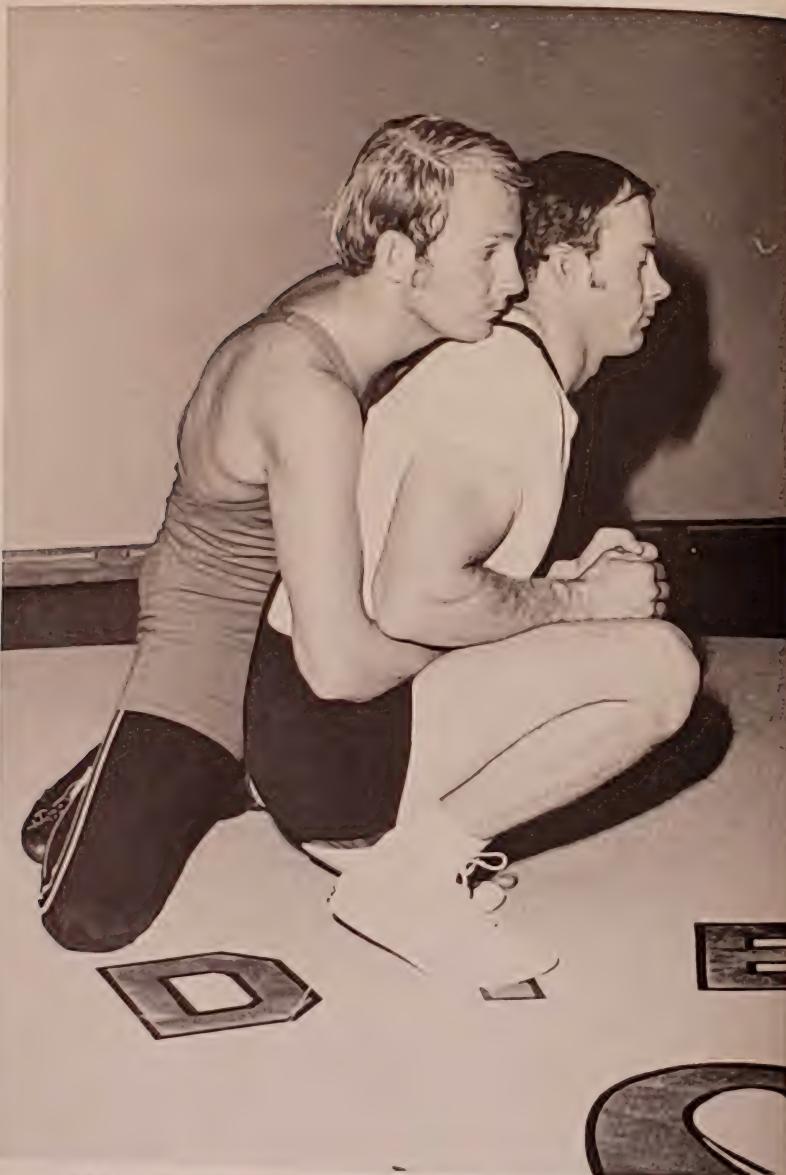
88A   Bump Back Stand Up. Pushing back into opponent.

88B   Squatting with the weight resting on the toes, the back straight, and the elbows held in close to the body.

88C   Grasping opponent's hands located at the elbow.

88D   Obtaining a hold of the hand that is around the waist after forcing opponent's other hand behind the body.

88E   Moving out to the side while turning to face opponent.

A few of the better counters to stand-ups that can be used in standing chain wrestling are as follows:

89B   Reaching down under the thigh and locking the hands.

89A   Near Leg Lift. Grasping opponent's ankle and lifting his leg onto the raised thigh.

89C   Lifting the leg with locked grip while maintaining pressure with the forearm as a means of turning him onto his back.
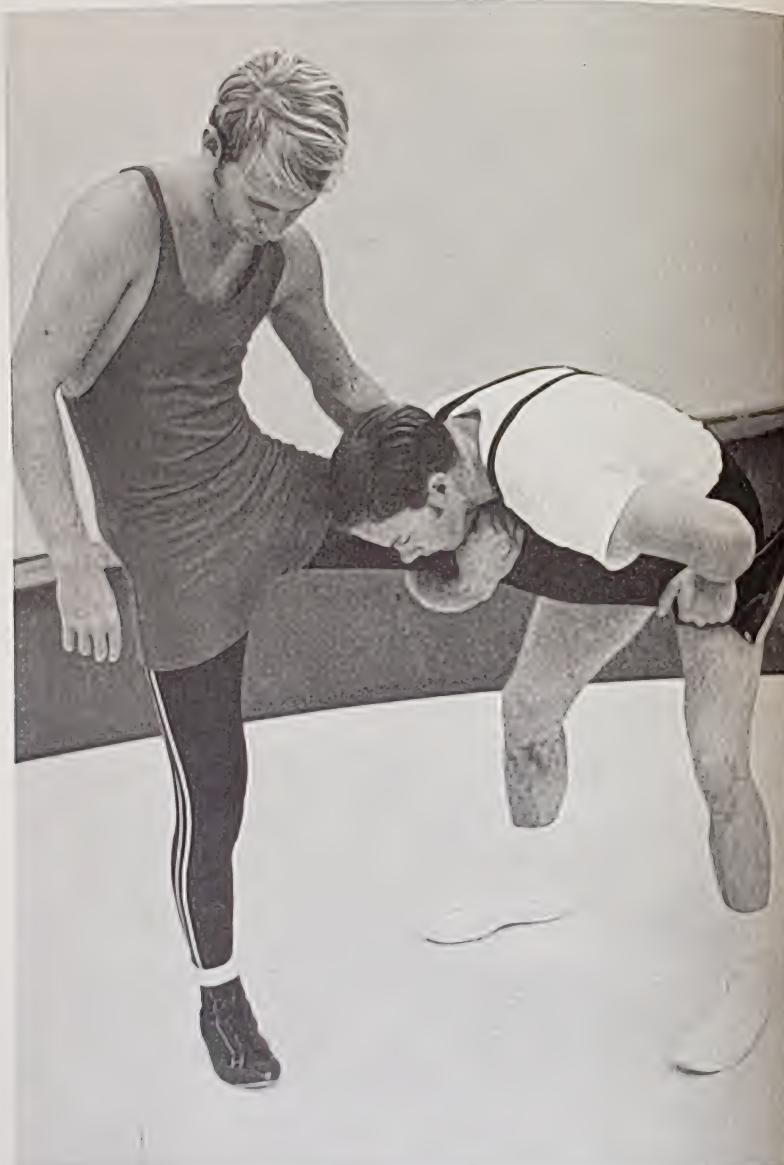
90A Tree Top. Picking up bottom man's leg as he stands up.
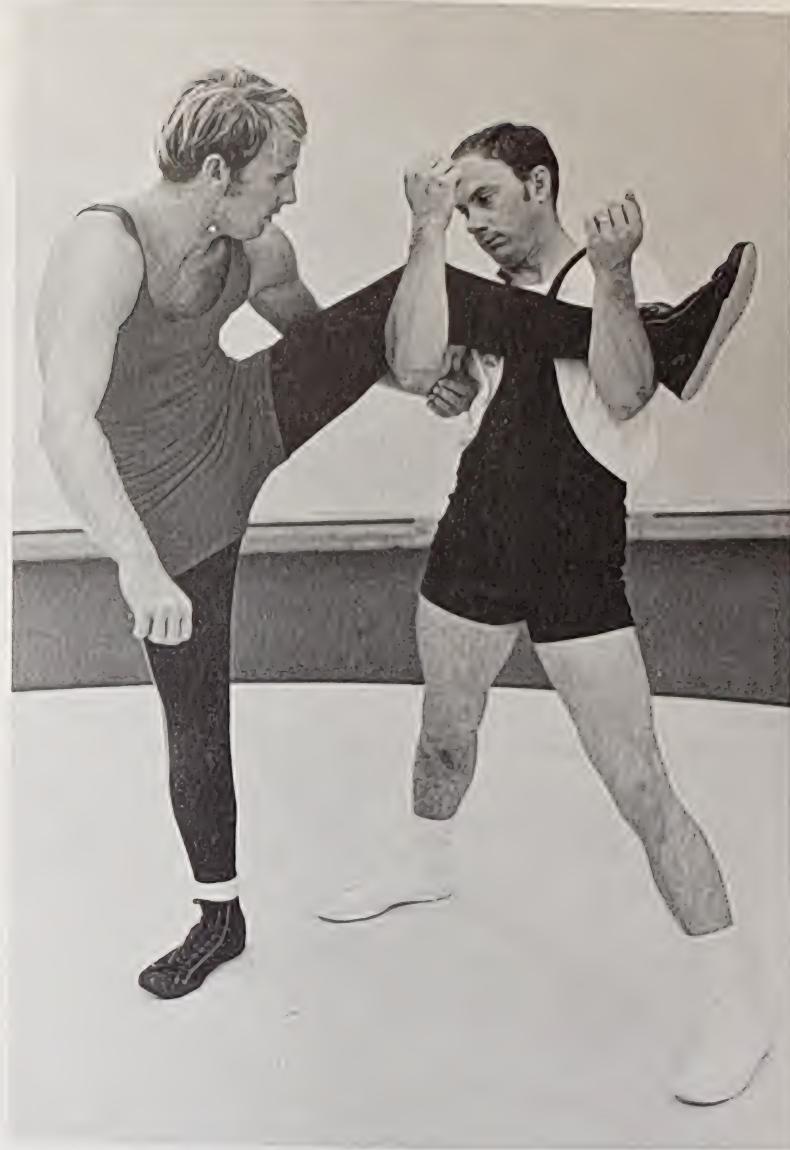
90B Continuing to raise the leg thus upsetting his balance.

90C Controlling the leg while forcing him to the mat.

91A Leg Sweep. Picking up bottom man's leg as he stands up.

91C   Retaining control of the leg while moving into him.
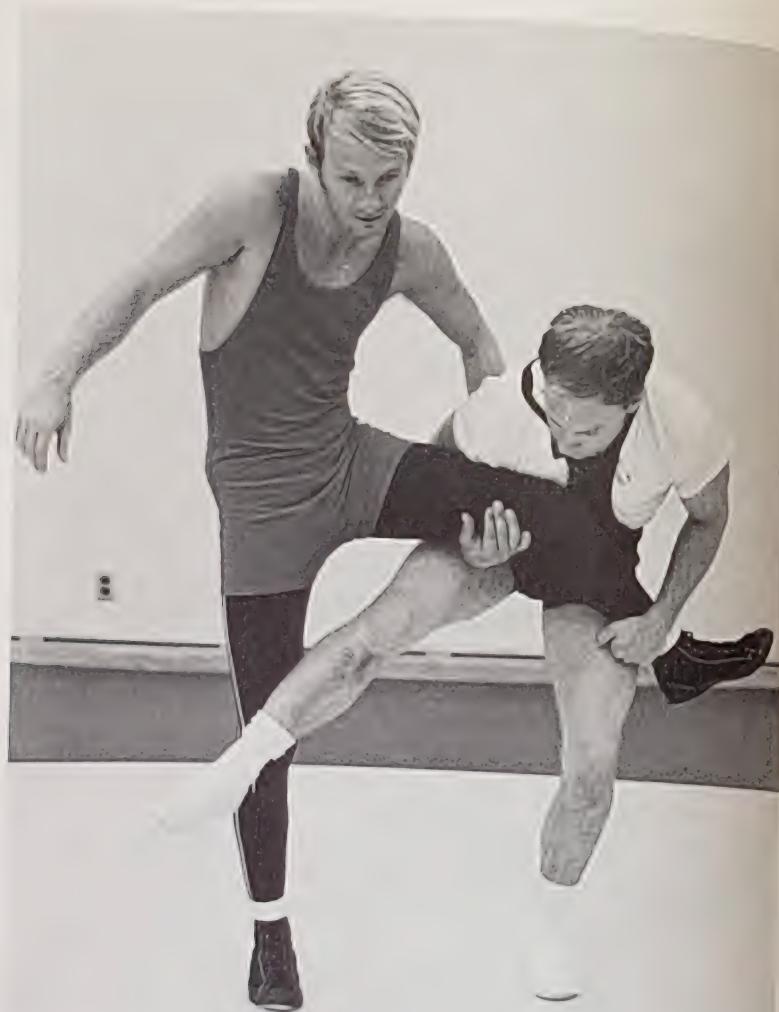
91B   Tripping him forward by sweeping his leg and driving a shoulder into his thigh.

Some of the most effective escape and reversal techniques that can be employed in standing chain wrestling are presented below.
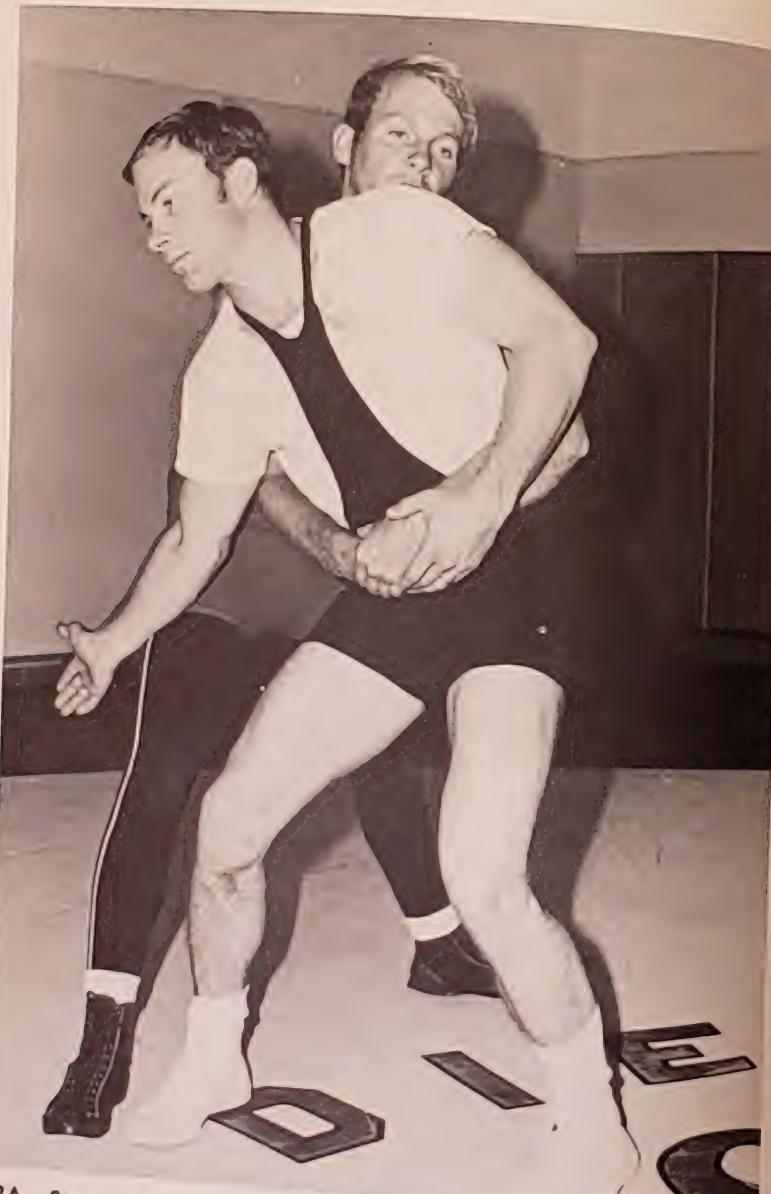
92A Standing Switch. Faking to one side causing opponent to react by moving in the opposite direction.
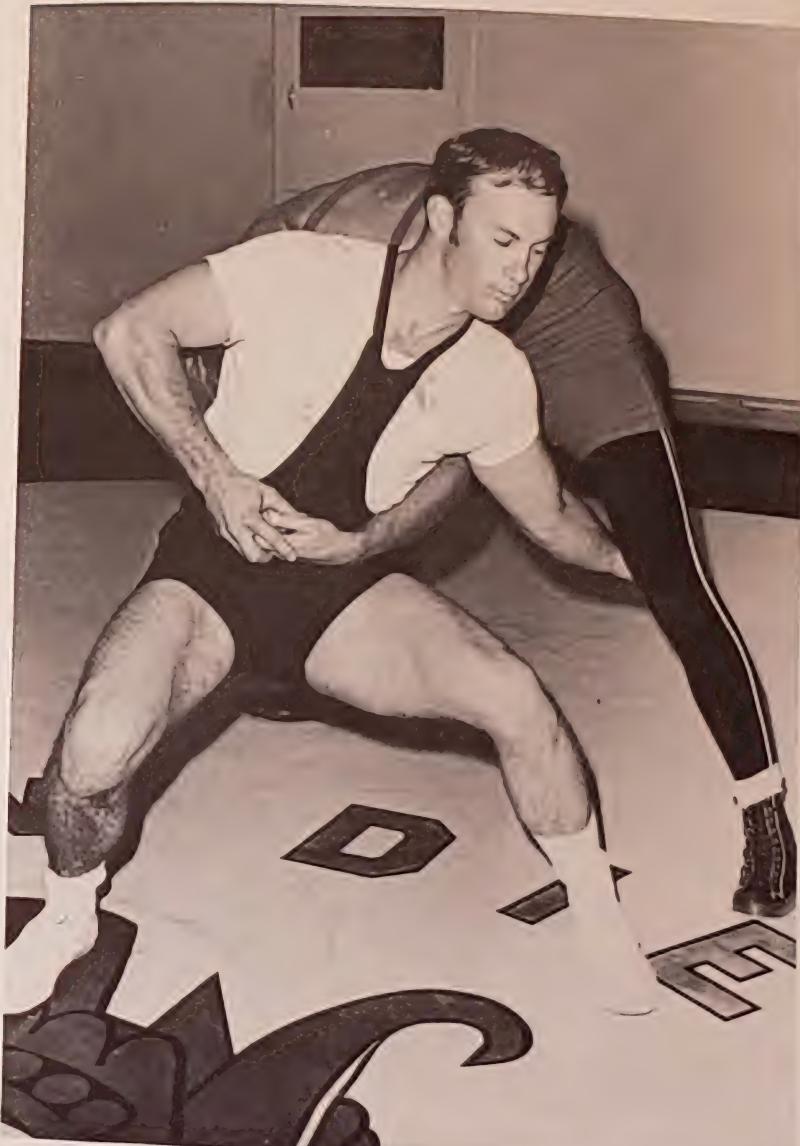
92B Reaching back between opponent's legs while grasping his hand.

92C Sitting down.

92D Turning to a position of top.
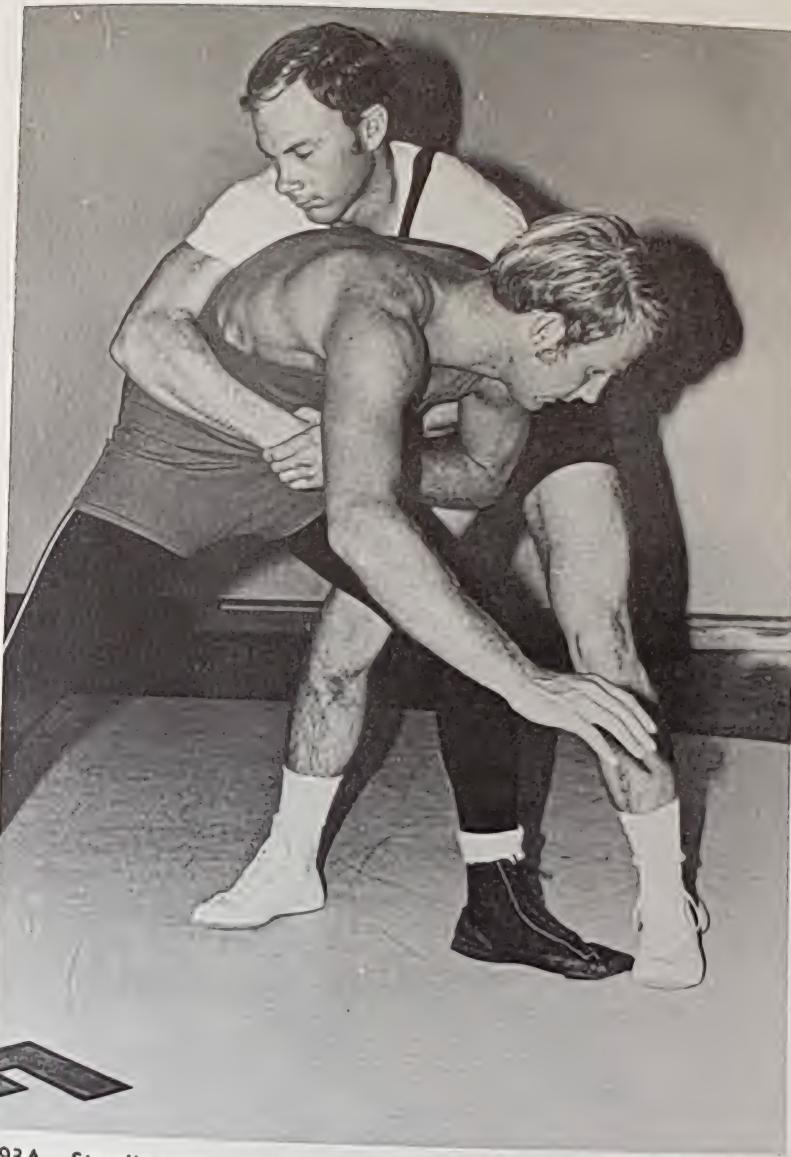
93A Standing Cross Arm Roll. Grasping opponent's wrist as he pushes forward.

93B   Posting one hand while blocking the opponent's rear leg.

93C   Turning toward opponent's legs after coming down on top of him.

94A   Back Breaker. Pulling up on opponent's arms while bending the knees.

94B Stepping behind and hooking his legs.
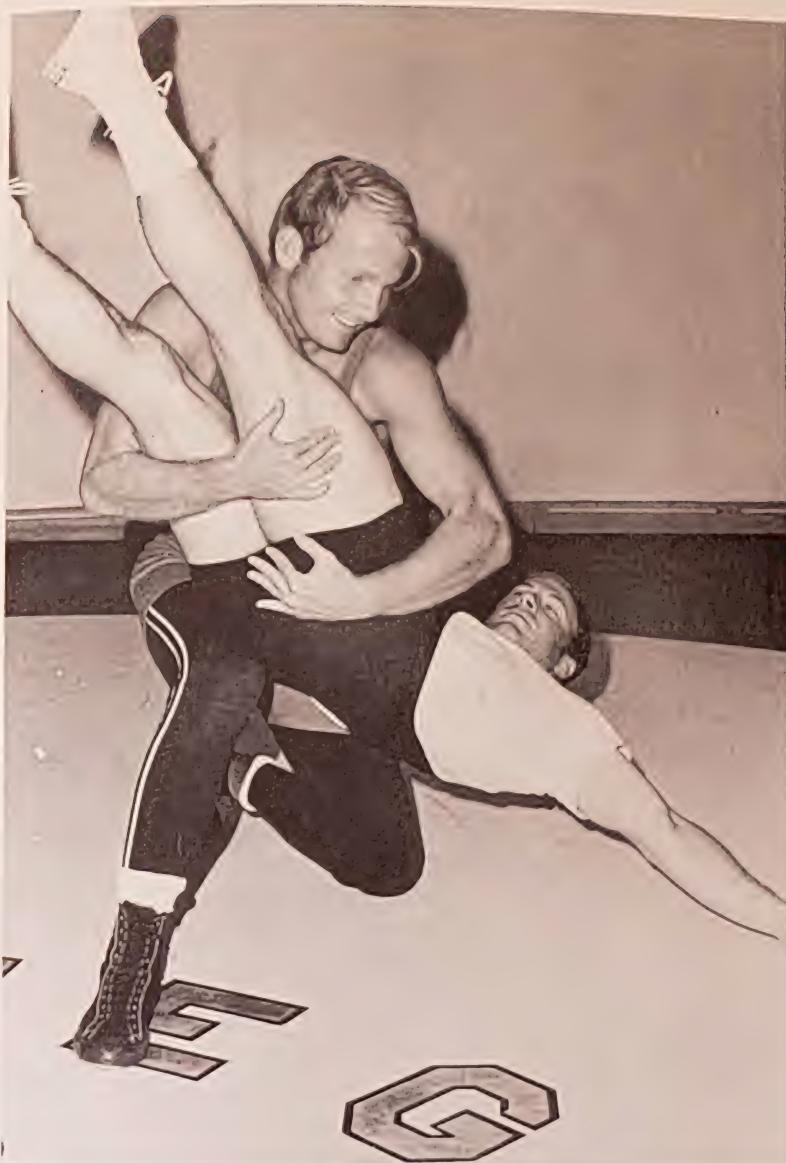
94C Lifting opponent off the mat and gently lowering him while maintaining a hold of his legs.

The following are counters employed from a rear standing posture.

95A Panther Whirl. Following the bottom man up to a standing position.

95B Striking the back of opponent's heel while turning and falling backward.
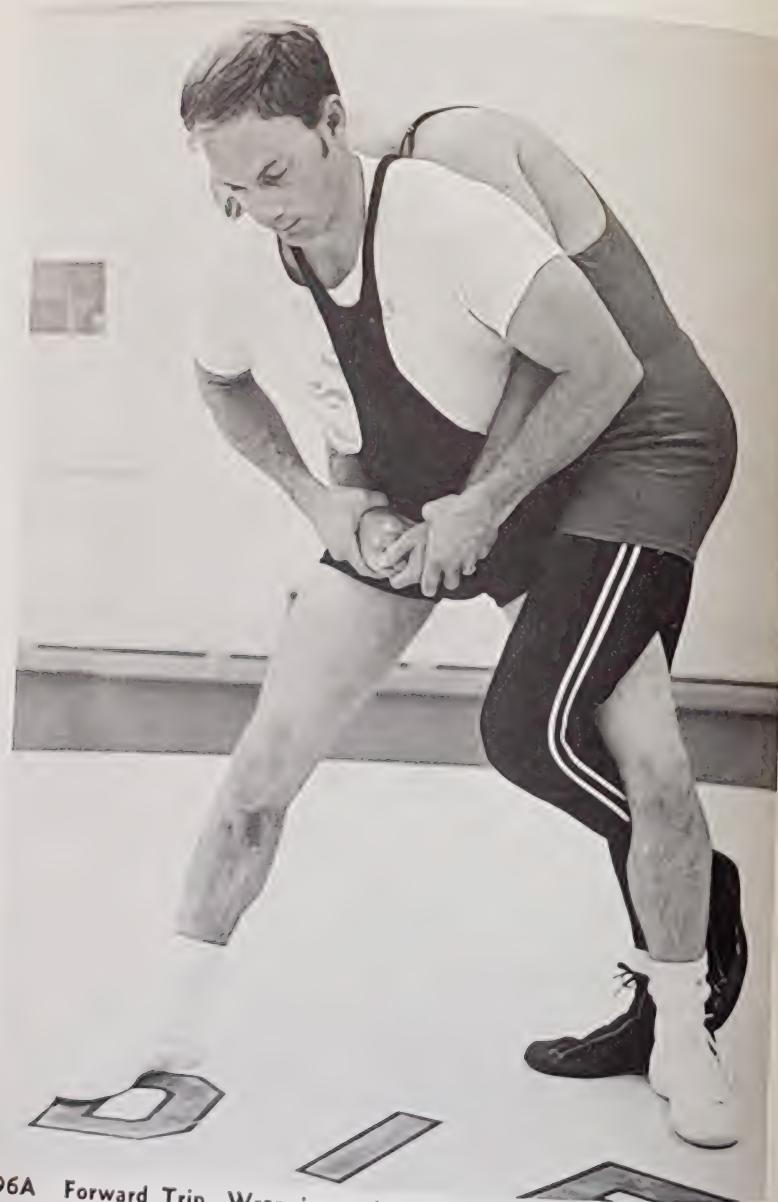
96A Forward Trip. Wrapping a leg around one of opponent's legs and driving into him.

96B Tripping opponent forward by sweeping his leg back and pushing into him with the chest and shoulder.

97A Tilt. Gripping opponent tightly around the waist.

97B Lifting and tilting opponent to one side.

97C Moving up on opponent's body upon making contact with the mat.

In the referee's position, the wrestler should have some sort of plan of action in mind. This plan must entail more than just one move. The possibilities of other moves, rather than just one move alone, must be given consideration. In other words, the wrestler's thoughts must be on an overall pattern of possibilities. He must be ready to select from several techniques that might be appropriate relative to an opponent's most likely reaction to block or counter his initial attempt to escape.

Chain wrestling requires that variations of particular holds be considered and taught together. When learned in sequence, these holds are more likely to be successful than if learned individually.

The best method of teaching chain wrestling is to select a limited number of moves and organize them into series drills. These drills should be continuous in nature and conducted in a noncompetitive manner. Their primary purpose is to develop a wrestler's skill in executing moves in a continuous, uninterrupted series. Emphasis should be upon constant movement. Attention should be focused on being alert to weaknesses in the opponent's position.

Until a reasonable degree of proficiency is attained, these drills should incorporate only a limited number of techniques. As the

wrestler becomes more familiar with a particular series, additional techniques can be added. Once the general pattern is mastered, more details concerning the effective execution of the drill can be introduced.

Most drills begin with the wrestlers starting in the referee's position. The simplest procedure is to designate the offensive wrestler as "A" and the defensive wrestler as "B." Instruction should then be given on the sequence of moves. This sequence must be logical. When first introduced, it should be kept simple with each wrestler having to perform only one or two moves. Then, as familiarity with the drill increases, additional techniques should be added.

The number of combinations is astronomical. It is dependent only upon the imagination and ingenuity of the coach. Examples of chain drills which employ techniques discussed and illustrated in this book are as follows:

Example #1
"A" does an inside leg stand up;
"B" counters with a panther whirl;
"A" performs an outside leg stand up;
"A" completes the series with a standing switch.

Example #2
"A" executes an outside leg stand up;
"B" counters with a tilt;
"A" uses a bump back stand up;
"A" follows up with a back breaker.

Example #3
"A" performs a bump back stand up;
"B" counters with a forward trip;
"A" does an inside leg stand up;
"A" completes the series with a standing cross arm roll.

The drills should be performed rapidly. As soon as the series has been completed the wrestlers should be expected to return, without delay, to the referee's position.

Chain drills aid in the recognition and anticipation of situations where an opponent is vulnerable. This vulnerability occurs most frequently when the opponent is given very little time to adjust to changing circumstances. Time lapses for contemplating a new set of circumstances can be kept to a minimum when several moves are performed in a series. Learning to perform moves in series is best achieved through chain wrestling drills.

28
Freeing the Hands

THE PROPER EXECUTION OF MOST WRESTLING TECHNIQUES REQUIRES THE ability to free the hands. Rarely, however, does this elementary phase of wrestling receive adequate attention. Learning it is often taken for granted. This causes it to be performed haphazardly.

Failure to devote sufficient time to learning how to efficiently free the hands results in a wasteful expenditure of energy. By eliminating unnecessary movements, the level of performance can be improved and the consumption of energy decreased.

Expenditure of energy is directly related to the efficiency at which a skill is performed. It is the ratio of the amount of work accomplished to the amount of energy expended. The smaller the expenditure the greater the efficiency.

Most wrestling techniques by themselves are easily countered. It is only when they are combined with certain fundamental skills that they become truly effective.

The application of fundamentals in combination with wrestling techniques vastly improves the chances of these techniques being successful. How successful depends upon how well the fundamentals are learned. They are the prerequisites to success.

Fundamentals are a necessary part of skilled performance. Only when they are taught early and practiced continually throughout the season will they be mastered. Sufficient time must be devoted to teaching them if they are to be effectively employed.

Teaching should start with basic fundamentals. These fundamentals should become the building blocks upon which more advanced movement patterns are built. Without them, even the most effective wrestling technique will often fail.

98A   Situation #1. Having the fingers of one hand controlled.

98B   Eliminating opponent's advantage by flexing the fingers and applying an identical grip to his fingers.

99A Situation #2. Having the opponent grasp the wrist instead of the fingers.

100A Situation #3. Having the inside arm controlled by opponent in the referee's position.
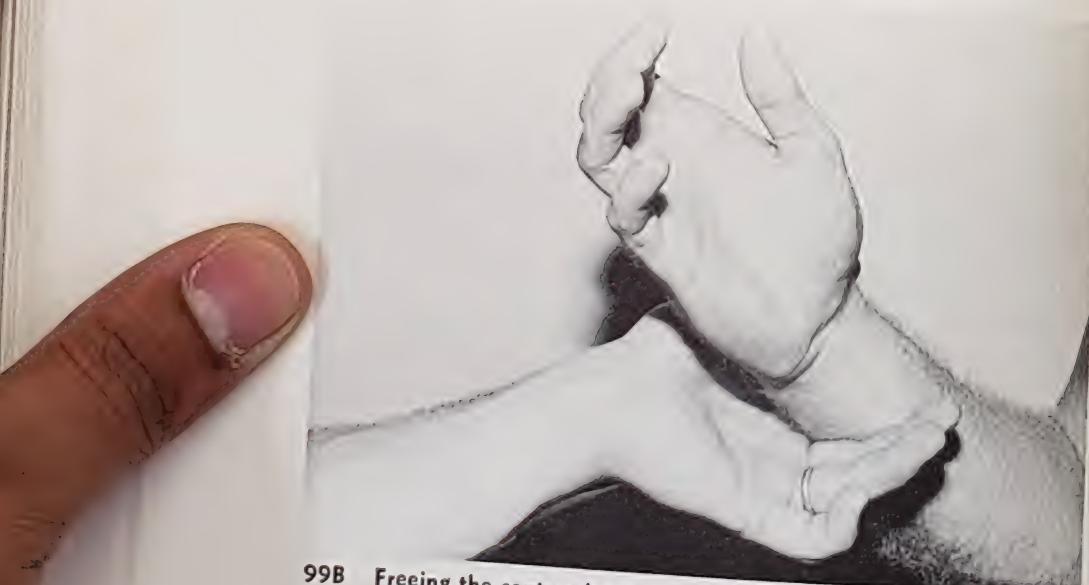
99B Freeing the captured wrist by straightening and rotating the hand in a circular fashion while lifting up against the opponent's thumb.

100B Striking the edge of opponent's hand.

101A Situation #4. Having a wrist grasped from the inside.

101B Breaking the hold by rotating the wrist out and away from the body.

101C Continuing to extend the arm to gain leverage in freeing the wrist.

102A Situation #5. Having opponent grasp both wrists.

102B   Rotating the wrists down and outward.

102C   Extending the arms away from the body to free the wrists.

103A Situation #6. Breaking the two-on-one bar arm hold by reaching behind opponent's arm, grasping the wrist of the captured arm, and prying upward.

103B Rotating the arms down and outward to free them.

29

The Seven Most Effective Escape and Reversal Techniques Employed by N.C.A.A. Champions*

A PROBLEM COMMONLY FACED BY WRESTLING COACHES IS THAT OF SELECTing and teaching those escape and reversal techniques which will do the most to complement their efforts to produce winning teams. The common practice has been for coaches to teach those techniques which in their opinions, based on past experiences, have been most effective for them. Generally, however, coaches who have suggested one technique was superior to another had little bases for such a claim other than personal observation and experience, since there was a paucity of published scientific or experimental evidence to support any such conclusion. With this in mind, it was the intention of the author to provide some sort of scientific bases for agreement as to which techniques are actually most effective.

In order to achieve this objective, the author researched escape and reversal techniques employed in the National Collegiate Athletic Association championship wrestling matches over a period of sixteen years. Using an analysis of the escape and reversal techniques employed by this large sample of top-flight wrestlers in top-flight competition, an index to the relative effectiveness of each technique was established. Only those techniques which were attempted over a minimum of fifty times are included in this summary. The resulting index is valuable in differentiating between the effectiveness of the various techniques. It also provides a scientific foundation upon which coaches can base their opinions as to which techniques are truly most effective. The word "effective," as it is used in this summary, refers to those techniques which can be employed with the greatest possibility of being

* This article reprinted with the permission of *Scholastic Wrestling News*, October 23, 1970.

successful while extending the greatest assurance that if countered they will not result in losing points for the wrestler attempting them.

Critical analysis was selected as the method of research since it best reveals what actually occurs in performance. It quantifies the qualitative aspects of performance. It is a very practical method of research since it can be used to determine the extent to which a technique has a direct and immediate effect upon the winning or losing of an event.

There are four phases to analysis: (1) observing, (2) recording, (3) categorizing, and (4) interpreting. Observing was done when the author viewed sixteen years of films of the N.C.A.A. championship wrestling matches. The recording and categorizing was done by use of the following score card. It was possible, through the use of this card, to check the number of times a particular technique was employed in gaining points, losing points, or neither gaining nor losing points for the wrestler attempting the technique.

SCORE CARD FOR RECORDING DATA

Escape or Reversal Technique	Points Gained	Number Points Gained or Lost	Points Lost

All attempted escape and reversal techniques occurring during the observations were recorded in one of three categories. Each of the categories was kept exclusive, and therefore, each of the attempted

techniques fit into one and only one of the categories. After each technique was identified and recorded, a careful recheck was made which indicated a high degree of accuracy. Recording involved classification of each attempted technique into one of three categories: (1) attempts that gained points, (2) attempts that lost points, and (3) attempts that neither gained nor lost points. A total of 1447 attempts was included in these categories. Responses in categories 1 and 2 affected the scores of the matches, whereas responses in category 3 obviously did not. A summary of these categorized responses for the seven most effective techniques is as follows:

TABLE 5
Score Card With Raw Data

Escape or Reversal Technique	Category #1 No. Attempts Resulting In Points Gained	Category #2 No. Attempts Resulting In Points Lost	Category #3 No. Attempts Resulting In No Points Gained Or Lost
Sit-out	66	7	101
Stand-up	179	1	412
Shoulder-roll	15	1	41
Side-roll	12	1	45
Switch	28	0	104
Whizzer	12	3	53
Stand-up-switch	11	0	56

In the 156 championship matches observed, the whizzer (photo 109A), for example, was attempted a total of 68 times. Twelve of those attempts represented a gain in points, resulting in a net increase in the chances of winning, whereas three attempts represented a loss in points, tending to lower the chances of winning. The remaining 53 attempts resulted in no change; these may be significant pedagogically, but they have no influence on the scores and, therefore, represent a waste of time and effort.

In order to make the data in Table 5 more useful from a practical standpoint, it was converted to percentiles by means of the following ratios:

$$\text{\% of attempts resulting in points being gained} = \frac{\text{No. attempts that gained points}}{\text{No. attempts that gained points} + \text{No. attempts that no points were gained or lost} + \text{No. attempts that lost points}}$$

$$\text{\% of attempts resulting in no points being lost} = \frac{\text{No. attempts that gained points} + \text{No. attempts that no points were gained or lost}}{\text{No. attempts that gained points} + \text{No. attempts that no points were gained or lost} + \text{No. attempts that lost points}}$$

The overall effectiveness of each technique was calculated by using the following formula:

$$\text{\% of effectiveness} = \frac{\text{\% of attempts resulting in points being gained} + \text{\% of attempts resulting in no points being lost}}{2}$$

Then, using the resulting percentages, the following table was compiled:

TABLE 6

Index of the Seven Most Effective Escape and Reversal Techniques Employed by N.C.A.A. Champions*

Escape or Reversal Technique	Column "A" % of Attempts Likely to Result In Points Being Gained	Column "B" % of Attempts Likely to Result In no Points Being Lost	Column "C" % of Overall Effectiveness
Sit-out	40	95	65
Stand-up	30	100	65
Shoulder-roll	25	100	60
Side-roll	20	100	60
Switch	20	100	60
Whizzer	20	95	55
Stand-up-switch	15	100	55

* Figures rounded to nearest digit of five

Table 6 can be used as a source of reference as to the relative amount of assurance a coach can have that a particular escape or reversal technique will succeed (Column "A"), the approximate risk his wrestler will be taking if the technique is successfully countered (Column "B"), and the overall effectiveness or total influence the technique will likely have on the ultimate goal of winning (Column "C").

Column "A" of Table 6 shows the sit-out (photo 104A) to be the most successful escape and reversal technique used by national champions. It was successful 40% of the times it was attempted. In other words, four out of every ten times it was attempted it worked. It was also the second most popular technique used in the Nationals.

104A Sit-Out

The most popular technique was the stand-up (photo 105A). It was attempted more often than all the other six techniques combined. In fact, the stand-up accounted for approximately one-third of all the escapes and reversals employed during the sixteen years covered in this summary. In spite of its popularity, it was only the second most successful technique. Three out of every ten times it was tried it gained points for the wrestler attempting it.

105A Stand-Up

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105A Stand-Up

The shoulder roll (photo 106A) was the third most successful technique. One out of every four times it was attempted it worked. The side roll (photo 107A), the switch (photo 108), and the whizzer (photo 109A) were all equally successful. Each worked one-fifth of the times it was attempted. The seventh most successful technique was the stand-up-switch (photo 110A). It worked about once out of every ten times it was employed.

Column "B" of Table 6 indicates how much of a risk is being taken in possibly losing points when a particular technique is countered. In other words, it tells the coach how much of a chance his wrestler has of possibly losing points if he decides to attempt one of the seven techniques included in this summary. Of the seven techniques the sit-out and the whizzer are the most dangerous. In proportion to the total number of times each was attempted, they are equally risky. In contrast, the five other techniques are almost totally safe to use. There is only a very slight chance that these techniques will lose points by being successfully countered.

Column "C" of Table 6 shows the relative effectiveness of each technique. The sit-out and the stand-up are equally effective. The shoulder-roll, side-roll, and switch are the next most effective techniques. The

107A Side-Roll

106A Shoulder-Roll

108A Switch
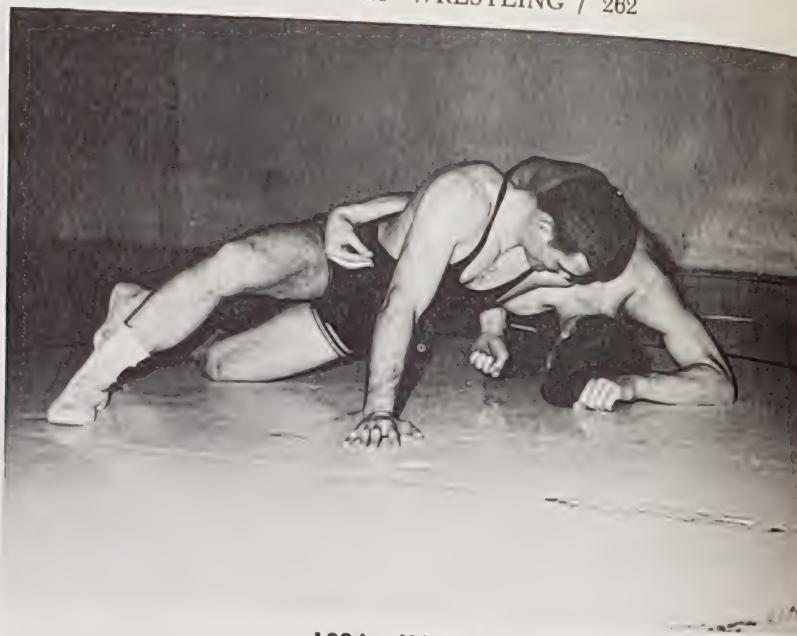
109A   Whizzer

whizzer and stand-up-switch rank sixth and seventh in effectiveness. Although both the whizzer and the stand-up-switch are equal in effectiveness, they differ in that the whizzer is more likely to gain points for the wrestler attempting it while the stand-up-switch is less likely to lose points if it is countered.

Depending upon the circumstances, a coach may be wiser to encourage a wrestler to attempt a technique that has a higher risk factor than another. In general, however, a coach would be wisest to play the percentages and only resort to calculated risks when time is running out and his wrestler is losing.

110A   Stand-Up-Switch
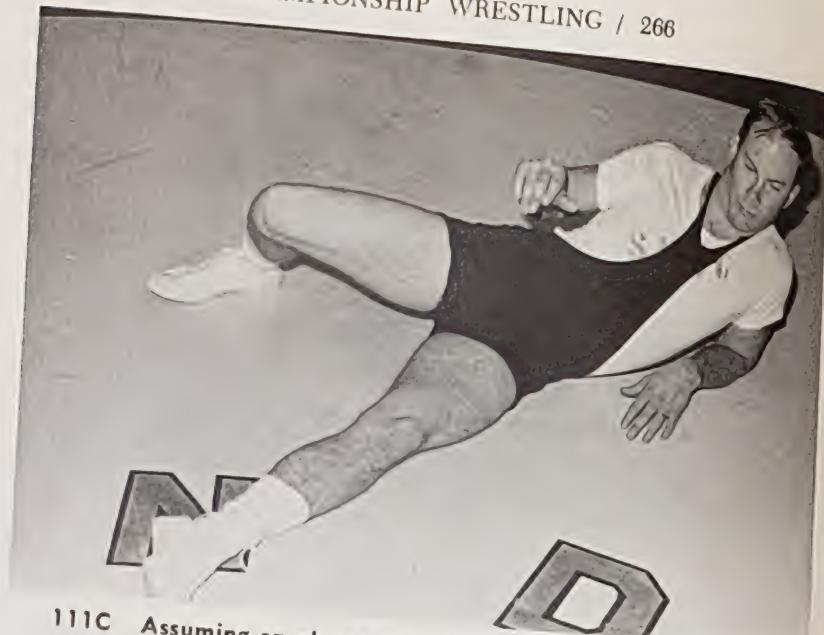
111C Assuming an elongated sitting position prior to turning.

112B Shooting the rear leg forward.

112A Short Sit Out. Planting the sole of one foot on the mat.

112C Assuming a sitting position prior to turning.

113A   Over Drag Counter to Long Sit Out. Maintaining a position behind the bottom man who initiates a long sit out by stepping forward with the outside foot.

113B   Preparing to counter while opponent shoots his leg through as far as possible and drops to his side.

113C   Reaching across to overhook an arm as the bottom man pivots on his elbow.

113D   Pulling and spinning in the opposite direction of the bottom man's sit out.
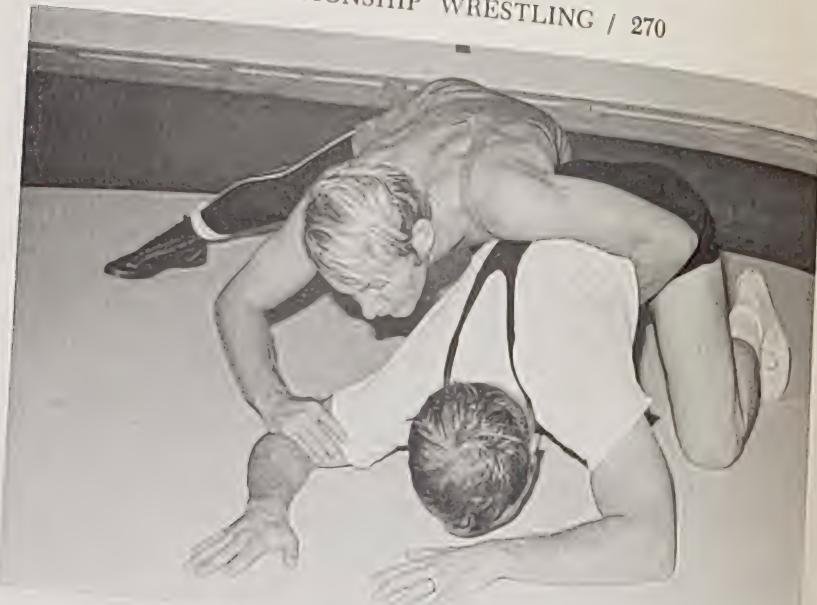
113E   Spinning to a position behind.

in positioning the head or arm will largely determine which maneuver will be used from the sitting position.

Unlike the long sit-out, the short sit-out is a very risky technique. Due to the precarious sitting position that must be assumed in executing the short sit-out, it is possible for the wrestler attempting it to lose points or be pinned if it is successfully countered. While sitting on his buttocks, he is in a very unstable position. His balance is easily upset when he is pulled backwards. Once his balance has been upset, he encounters great difficulty in returning to his original sitting position. While sitting, he has very limited mobility and is quite vulnerable to the rear where there is little support.

In conclusion, the long sit-out can be said to be more tiring to employ, more limited in possible variations, and more easily countered. The short sit-out, on the other hand, has more options, is more dependent upon the opponent making a mistake to be successful, has more ways of being countered, and is more risky in terms of losing points for the wrestler attempting it when it is successfully countered.

114A   Sit Out and Head Pull. Grasping opponent's head when it is placed over one of the defensive man's shoulders.

114B Dropping to one shoulder.

114D Moving immediately into a pinning combination.

114C Turning, thus forcing the top man over onto the mat.

115A Sit Out and Arm Pull. Grasping the offensive man's arm when it is placed over a shoulder.
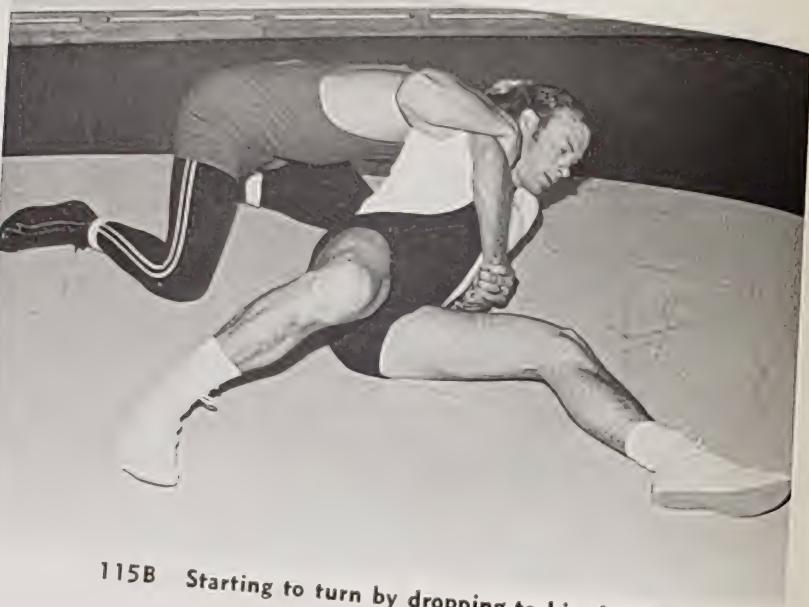
115B Starting to turn by dropping to his shoulder.

115D Recovering to a riding position.

115C Continuing to turn while whipping the arm under opponent's arm.

116A Drop Back Counter to Short Sit Out. Being careful not to lean forward with the head when the bottom man begins to sit out.

116B   Moving out to a slight angle while pulling down on the bottom man's shoulders.

116C   Grasping the chin and pulling the opponent back sharply into a pinning combination.

117A   Cradle Counter to Short Sit Out. Reaching around the bottom man's neck with one arm and under his knee with the other.

117B   Lifting up on the knee and locking the hands.
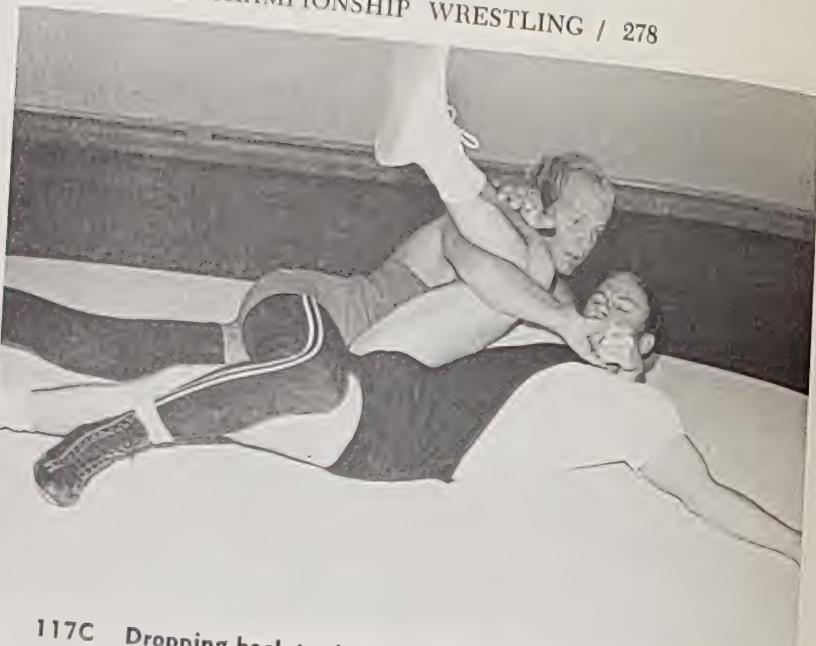
117C Dropping back to the mat and overhooking the free leg.

118B Beginning to spin around to the front.

118A Spin Counter to Short Sit Out. Applying pressure to the bottom man's back in order to get him to lower his head.

118C Securing the bottom man's head under an armpit while lifting on his knees to force his back to the mat.

119A Cross Face Counter to Short Sit Out. Reaching over and grasping the bottom man's upper arm while bringing the other hand under his leg.

119B Scooting out to the side, hooking the leg, locking hands, and dropping the bottom man back to the mat.

31
Unusual Standing Escapes and Reversals

SOME LESS COMMONLY ATTEMPTED ESCAPES AND REVERSALS CAN BE MORE effective than some popular ones. The most effective techniques are those which gain points the major portion of the times they are attempted and rarely lose points when they are countered.

The escapes and reversals discussed in this chapter are somewhat less common than most. Consequently, they are less likely to be expected. They are more likely to succeed since the opponent will probably not have practiced a defense or counter to them.

These escapes and reversals are not so risky as many others, simply because they are employed from standing. While standing, the wrestler is harder to control and more difficult to score points against than in any other position.

If while in a rear standing position the opponent has either of his legs located between the defensive man's legs, he can be reversed (photos 120A through 120C). By reaching down and grasping his ankle with both hands, it can be lifted off the mat. He may then be forced to the mat if the wrestler continues to lift the leg while simultaneously sitting back. Once on the mat, a cradle pinning combination can be applied.

If an opponent positions his head over the defensive man's shoulder, he can be reversed (photos 121A through 121C). The nape of the neck is grasped and pulled forward. Then, by stepping through and securing a hold on the leg, he can be forced to the mat.

Anytime an opponent positions his arm over one of the defensive wrestler's arms, he can be reversed (photos 122A through 122C). The technique is initiated by grasping the opponent's arm and simultaneously dropping down to one knee. The captured arm is forced upward and a quick turn completes the technique.

120B   Lifting the leg and sitting back into opponent.

120A   Between the Legs Pick Up. Reaching down and picking up one of opponent's legs.

120C   Applying a cradle pin.

121A   Head Pull. Reaching back and grasping opponent's head.

121B   Turning, stepping through, and grasping opponent's leg.

121C   Forcing opponent to the mat and securing a pinning combination.

122A   Arm Pull. Being controlled with a hold that encircles one of the arms.

122B Driving the trapped arm upward while dropping down to one knee.

122C Turning in and recovering to a riding position.

To obtain a double wrist lock (photos 123A through 123B), one arm should be placed over the opponent's elbow as high as possible. The other hand is then used to reach through and grasp the wrist of the first arm. By exerting force in a perpendicular direction to the long axis of the opponent's body, an escape is realized. Caution must be exercised not to apply force in the direction of the opponent's head.

An opponent, who positions the top of his head in the small of the defensive man's back, can be reversed (photos 124A and 124B). The opponent's hands should be grasped and held firmly. Then by bending backward, weight can be placed over the nape of his neck. A stepping motion forward combined with an arched back will force him down to a prone position on the mat. A quick turn toward his legs will assure at least an escape.

If an opponent stands close with a loose hold around the waist, he can be reversed (photos 125A through 125D). It is begun by placing the palms of both hands under the interlocked hands of the opponent. The knees are suddenly collapsed. This lowers the body weight while forcing the opponent's arms upward.

123A Double Wristlock. Controlling the offensive man by grasping the wrist after placing it over one of opponent's arms.

123B Applying pressure perpendicular to opponent's body in achieving an escape.

124B   Arching the back and placing weight over the offensive's man's head while securing a grip on his locked hands.
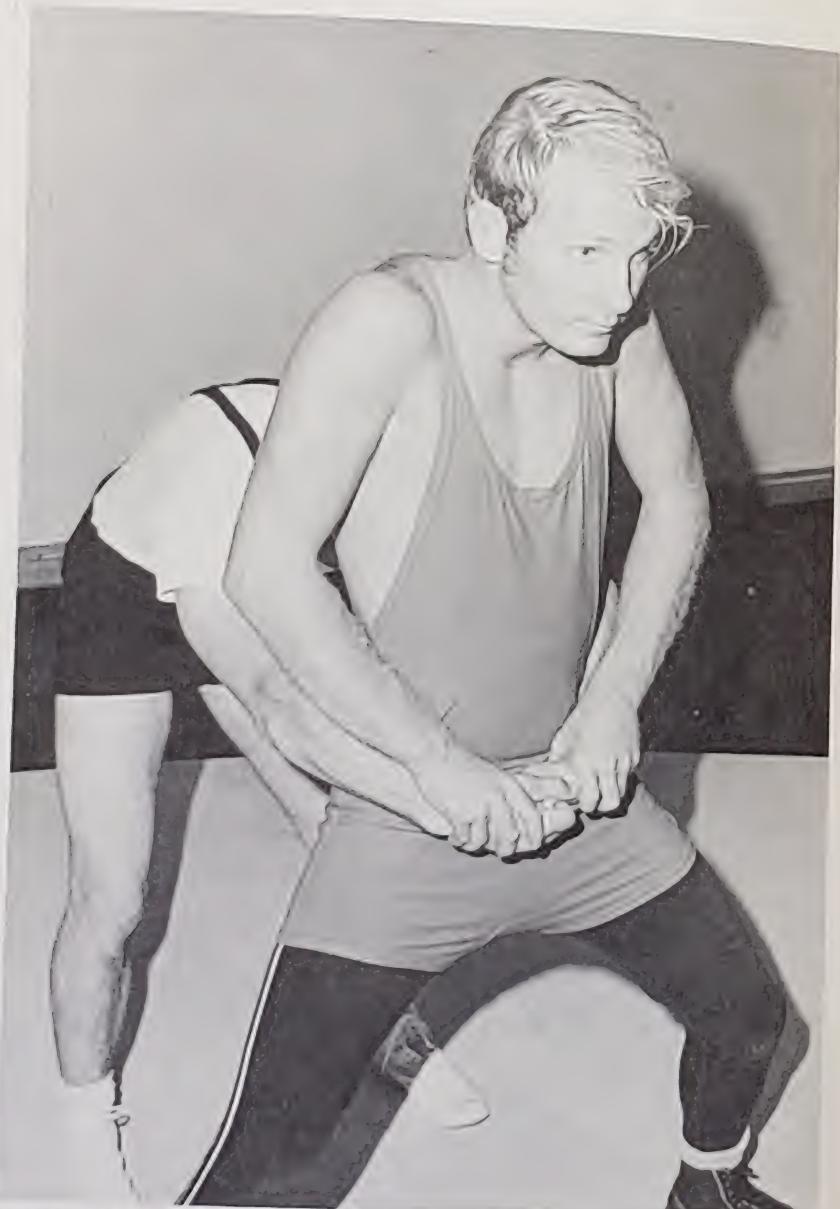
124A   Walk Out. Having the top of the offensive man's head in the small of the back.

125A Back Breaker. Pulling opponent's locked arms up and under the armpits.
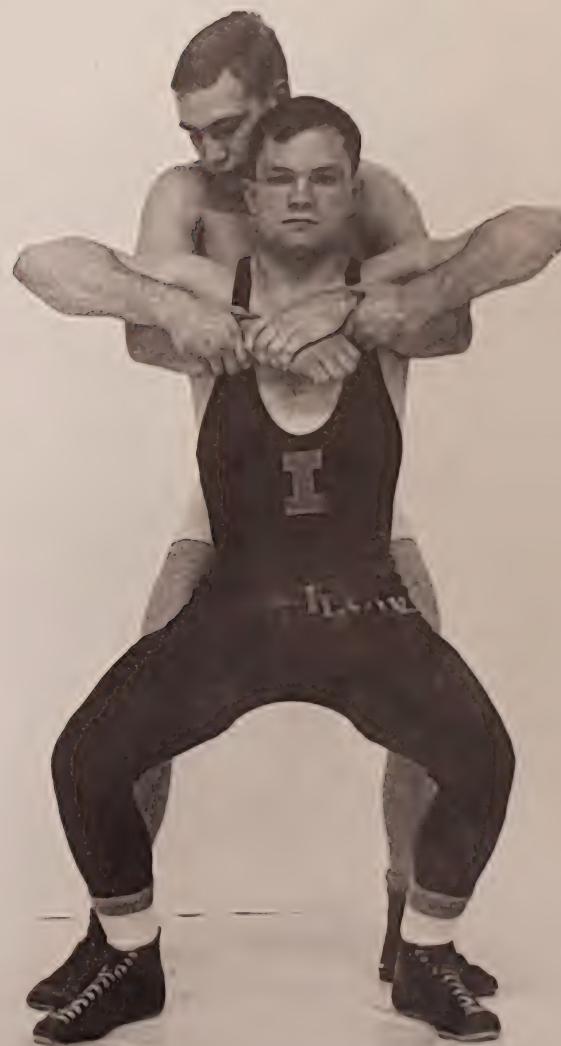
125B Lowering the body weight by bending the knees.
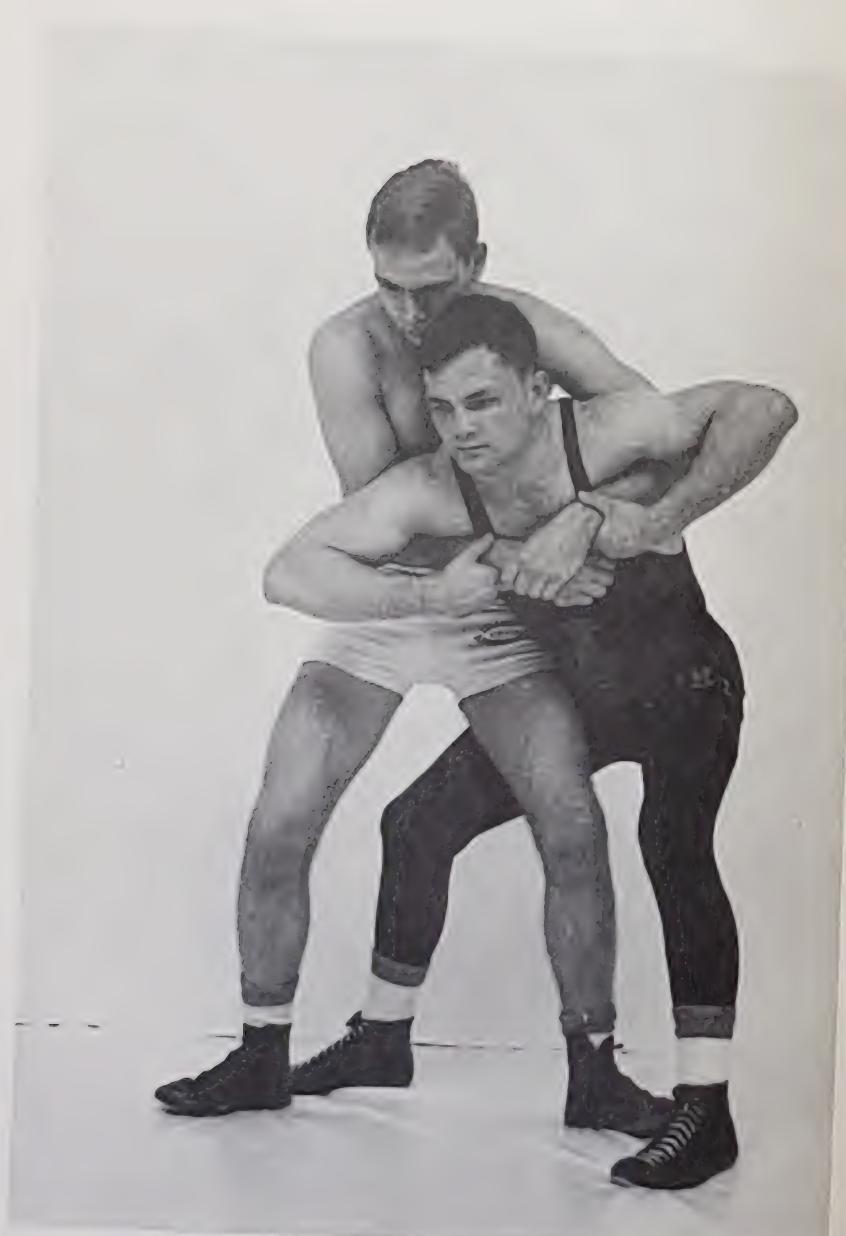
125C   Stepping behind one of opponent's legs.

125D   Hooking both arms around opponent's legs, lifting him off the mat, and gently lowering him while maintaining a hold of his legs.

Forcing the arms up under the armpits allows the hips to be moved freely. A step is then taken behind the opponent. The arms are hooked behind his legs. There is little he can do to prevent himself from being lifted off the mat. He is then lowered to the mat.

The defensive wrestler, while in the position of disadvantage, has to use an escape or reversal in order to gain points toward winning the match. In accomplishing this goal, he has the option of employing several techniques. It is oftentimes more advantageous to attempt an unusual standing escape or reversal. Such techniques involve the least risk of losing points if countered while possessing the element of surprise.

Part VI
RIDES TO PINNING COMBINATIONS

32
Wrestle to Win

WRESTLING IS A PERCENTAGE GAME—A GAME WHERE THE VAST MAJORITY of matches are won on points rather than pins. Playing this game according to the percentages means gambling only when the odds are overwhelmingly in one's favor or a situation warrants a calculated risk. Strategy requires that the wrestler do nothing to jeopardize his chances of winning and that he resort to gambling only as a last resort.

In the author's opinion, emphasis in any wrestling program should be upon takedowns and escapes. Riding techniques should be of secondary consideration. A wrestler who can take down an opponent and escape from him should be able to beat him. In other words, a wrestler does not have to be able to ride an opponent to beat him. As a matter of fact, the author suggests releasing an opponent who is difficult to control rather than risking the loss of two points and ending up on the bottom by trying to control him. This philosophy does the most to complement the major objective of winning.

Winning is best accomplished by wearing an opponent down. If the wrestler on top can make his opponent work harder trying to escape than he himself has to work to maintain control, he will win.

An opponent can be tired by being forced to carry and fight the additional burden of the top man's weight. While making him support his weight, the top man should remain as relaxed as possible, being careful not to exert any more force than is necessary to maintain the position of advantage.

In order to keep as much weight as possible on an opponent, the offensive wrestler should never let his uniform touch the mat. Most of his weight is over the opponent when he stays off his knees and moves about on his feet. This increases his mobility and enables him to shift positions with the least amount of effort.

Riding, basically, consists of maintaining control. Control is main- by employing a ride that will do the most to immobilize the t. A mobile opponent is dangerous.

There are three basic reasons why employing rides, which tie-up an opponent's leg, do more to immobilize him than those which emphasize controlling any other part of his anatomy. Most wrestlers experience difficulty in initiating an escape or reversal without first having secured a hold on the top man's head or arm. By riding back on his legs, he has nothing to grab hold of.

The second advantage of riding a leg is that it limits the types of escapes and reversals an opponent can initiate. He is likely to be dependent upon having his legs free before attempting to escape. Unless he can free his legs, he is forced to attempt escape and reversal techniques from an all-fours position on the mat. Techniques attempted, while down on the mat, have a greater chance of losing points by being countered than they would if attempted from standing. The closer a mistake is made to the surface of the mat, the greater are the chances it will lose points for the wrestler attempting it.

The higher up on an opponent's body a ride is employed, the easier it is for him to raise to a standing position. If he gains a standing position, he has two distinct advantages not possessed while down on all fours. First, his maneuverability is extended far beyond what it would be in any other position. This increased mobility makes him harder to control.

The other advantage of the standing position is that he has only his own weight to carry around. This permits him to move faster. The weight of the top man would otherwise slow him down considerably. Also, by not having the burden of this extra weight, he is less likely to tire as quickly.

The third reason for riding an opponent's legs instead of further up on his body, is the security it offers. While controlling an opponent's legs, he is less likely to successfully gain a reversal, two points, and the position of advantage. Any time difficulty is encountered while riding an opponent's leg, the leg can be released, thus allowing the opponent to escape. The most the opponent can hope for is an escape. If, however, a ride were applied to the upper half of his opponent's body, it is possible for him to employ a switch, roll, or whizzer by anchoring the arm that is around his waist.

Wrestlers should be encouraged to ride in a manner that will keep them out of trouble. They should be coached to ride so that it is possible to turn loose of anything they have a hold on. They should be discouraged from favoring rides which place them in positions where they are likely to be reversed. Point wise, this is foolish. Knowing when to release an opponent is as important as knowing how to ride him.

It is best to stay behind an opponent while riding him and only move up higher after he has been broken down to his stomach. Once on his stomach, he is no longer a threat since he cannot create sufficient force to escape or reverse.

Winning is the primary goal. It isn't everything, but losing isn't anything. In order to win, the wrestler should always play the percentages. His best chance of winning is by wearing his opponent down. This is accomplished by forcing him to carry the burden of both their weights as much as possible.

The best means of immobilizing an opponent is to control his legs. There are three advantages to this type of ride. First, it is difficult for an opponent, who is dependent upon grasping an arm or the head of the top man, to initiate an escape. Secondly, it limits an opponent to attempting only the more risky type of techniques from a position down on the mat. Finally, it keeps an opponent from gaining both a reversal and the position of advantage.

Winning is the objective of all contests. In wrestling, there are two ways of winning. One is to outscore the opponent on points and the other it to pin him. If a wrestler can out-class an opponent to the extent that he can pin him, that is fine, but pinning should not be his immediate objective. His primary objective is to win.

Waist Versus Ankle Rides

33

IN THE TOP OR OFFENSIVE POSITION, CONTROL MUST BE MAINTAINED IN order to keep from losing points. The option of selecting from many techniques exists in achieving this goal. Most of the options fall into one of two broad categories—waist rides and ankle rides. Both categories contain rides of varying degrees of effectiveness. The latter category of ankle rides is, however, the best. Ankle rides are more effective in providing the top man with optimum control.

Riding an opponent's ankle is the least risky means of control. It is the safest and most potent means of immobilizing the bottom man.

A wrestler in the bottom position is, in most cases, dependent upon having his legs free before initiating action toward escaping or reversing. If he cannot free his legs, he cannot stand up. He is limited to attempting escape and reversal techniques from a position down on the mat. Any technique attempted from on the mat is more dangerous in that it has a greater chance of losing points, if countered, than if it were tried from standing. A mistake four inches from the mat is more likely to lose points for the bottom man than one four feet above the mat.

A second advantage of riding an ankle is that the top wrestler is less likely to get reversed and find himself on the bottom. This is explained by the fact that any time he experiences trouble controlling the opponent, he simply has to release the leg. Thus, by permitting the opponent to escape, he loses only one point instead of two. Also, he ends up in a neutral position instead of on the bottom.

If a waist ride is employed, it is not always possible to release the opponent. He can anchor the arm that is around his waist so that it cannot be freed. It then can be used to set up a reversal. Against an ankle ride, however, the best the opponent can do is free himself.

A wrestler should not gamble unless the odds are overwhelmingly in his favor. The odds do not favor riding an opponent with an arm around the waist. There are at least three effective reversal techniques

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that can be employed against a wrestler who rides in this manner. If he pulls the opponent, he can be switched. If he pushes the opponent, he can be rolled. If he does neither, but simply leaves the arm around the waist, he can be whizzered.

One of the best methods of riding an ankle is the leg in lap ride. Not only is it an effective means of controlling an opponent, but it also provides excellent pinning opportunities. The following series of photographs illustrate the leg in lap ride to a pinning situation.

In order to get the opponent's leg into the position shown in photo 126A, it must first be straightened by lifting and pulling back on the ankle. By moving to a position behind the opponent, the leg can be supported on a raised thigh. The hold on the ankle should then be transferred to the upper portion of the leg.

At this point, the top man should shift around to the far side and drop his hand down to pick up the other ankle while gripping the opponent's waist.

Then, by lifting the leg upward, the bottom man is forced onto his back. He is encouraged to turn onto his back by placement of an elbow into his kidney area and the exertion of downward pressure. The bottom man will normally resist turning. However, as the pressure

126A   Leg in Lap. Reaching for opponent's near leg.

increases he will have to turn. A hand should be placed on his chest in anticipation of his making a sudden twisting turn (photo 126B).

At the moment he starts to turn toward the top man, an inside crotch and half nelson combination should be applied (photo 126C).

Another effective ankle ride is illustrated in photos 127A through 128B. The opponent's leg is lifted off the mat and placed on the near thigh. Leverage is gained by stepping between his legs. By keeping the head up, back arched, and driving into him with the hip he can be forced over onto his back.

The far leg lift is a third means of controlling an opponent's leg. It is readily secured when the bottom man sits back on his heels. By reaching across and between his thighs, the hands can be locked around the ankle. Then, by elevating the leg and placing a thigh under the legs, the opponent can be turned onto his shoulders.

In general, it is safest to ride the lower half of the opponent's body and only move up after he has been broken down to his stomach. Once on his stomach, he is no longer a threat since he cannot create sufficient force to execute an effective escape or reversal.

Attempting to control an opponent with a tight waist ride can get the top man into serious trouble. It places him in a position where he is likely to be switched, rolled, or whizzered.

Wrestlers in the bottom position are not, in general, used to having their legs ridden. Consequently, they have become dependent upon being able to grab the top man's arm or head in order to initiate an escape or reversal. This makes riding a leg a very effective means of control.

Riding an opponent's leg is the best method of immobilizing him. It does the most to handicap him since he cannot get very far or move very fast on one leg. If the held leg is lifted, it will almost assuredly place the opponent in an embarrassing position on his back.

126B Lifting opponent's leg thus forcing him onto his back.

126C Applying a pinning combination.

127A Near Leg Lift to Step Over. Securing a hold on opponent's upper thigh.

127C Driving into opponent while applying a pinning combination.

127B Stepping between opponent's legs.

128A Far Leg Lift. Locking hands around opponent's ankle.
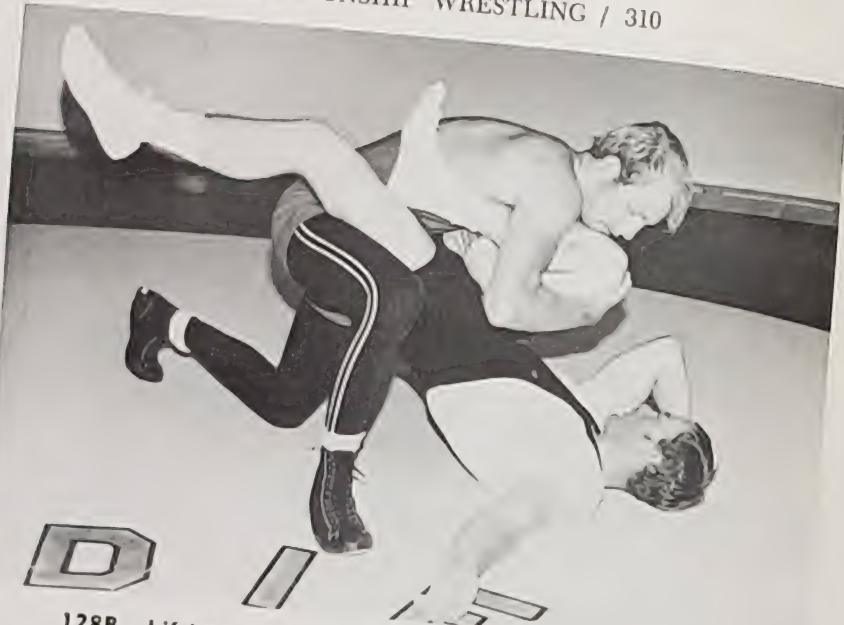
128B Lifting the leg thus forcing opponent onto his back.

34
Principles of Leg Wrestling

LEG WRESTLING IS AN ART. ITS UNIQUENESS MAKES IT ONE OF THE MOST effective means of controlling an opponent. A vast number of wrestlers are unaccustomed to being ridden in this manner and know very little about how to effectively cope with it. Consequently, they are less likely to successfully execute an escape or reversal and, thus, their chances of winning are vastly reduced.

Yet, unless it is employed in accordance with certain movement principles, leg wrestling can be instrumental in causing the wrestler who uses it to lose more matches than he wins.

A wrestler, while supported on his hands and knees, is in a strong defensive position. By removing one of his supporting points, he is weakened in that direction. Then, by flattening him to the mat, his chances of escaping or reversing are diminished, his base is destroyed, and his position is vulnerable for the application of a leg. The first principle of successful leg wrestling is to apply the legs only after the opponent has been broken down to the mat.

The smart wrestler plays the percentages as much as possible and gambles only when the situation warrants a calculated risk, or when the odds are overwhelmingly in his favor. He knows that he can get into serious trouble if he attempts to apply his legs while his opponent is in an all-fours position. He avoids applying his legs until after he has his opponent flat on the mat.

Granted, the legs can be applied when an opponent is on all fours. However, the risk of being countered and thus losing points is much greater. Extreme caution must be exercised if the legs are employed before the opponent is flattened. Some of the more common counters against a wrestler who attempts to apply a leg to an opponent in an all fours positions are illustrated in photos 129A through 133C.

Any attempt to work toward a fall once an opponent has been broken down, should not be made too early in the match. The effectiveness of leg wrestling lies in the ability of the top man to wear down

129A   Counter #1 to Cross Body Ride. Countering by catching the leg of offensive wrestler with the near arm.

131A   Counter #3 to Cross Body Ride. Countering by grasping offensive man's foot while dropping to one side.

130A   Counter #2 to Cross Body Ride. Countering by straightening the leg.

131B   Working the arm forward, lifting on the leg, and forcing offensive man over the top.

131C   Continuing to lift the leg while backing out.

133A   Counter to Crab Ride. Securing a hold on one of offensive man's extended legs.

132A   Counter to Figure Four Body Scissors. Dropping to one side, working an arm under the leg, and turning toward the offensive wrestler.

133B   Bringing the captured leg up to the chest.

133C *Scooting the buttocks forward and turning the body until an escape is realized.*

134A *Applying a Leg Hold. Applying a figure four body scissors after flattening opponent to a prone position on the mat.*

the opponent by having him support the burden of his weight before going for a fall. The figure four illustrated in photo 134A is effective for wearing down an opponent before applying a pinning combination.

While on top, the offensive wrestler should be concerned with destroying his opponent's base and distributing his weight to his maximum advantage. He should keep the opponent struggling while capitalizing upon opportunities to apply pinning combinations. No more effort than the minimum necessary to maintain control should be exerted. Restricting his expenditure of energy is a must.

The top man should avoid using his legs in a manner that places him in a position other than above an opponent. Any other position is less desirable and more risky. Other positions may put him into precarious situations that are likely to result in his losing control and the position of advantage.

The worst mistake the top man can make when using his legs is failure to remain on top of his opponent. Regardless of the type of leg wrestling employed, it is imperative that he stay above the opponent and never pull him over onto the top.

Only when the top man can make his opponent work harder trying to escape than he has to work to maintain control, will he win. An op-

134B *Stretching opponent out by arching the back.*

134C Relaxing the pressure slightly in order to allow opponent's body to slip inside the scissors hold.

134D Turning opponent onto his back and retightening the figure four.

ponent has to work harder when the man on top stays above and forces him to carry the extra burden of his weight. If the bottom man has to work harder for a long enough period of time, he will be worn down and this will eventually result in his defeat. Photos 135A through 137A illustrate various improper positions in which the top man is not making his opponent carry his weight.

The offensive man must recognize when he is in trouble and likely to lose control. At that time, he must not refuse to release the hold, otherwise he may be reversed and possibly end up on his back. It is important that he know just when to release before chancing the loss of two or more points and the position of advantage. It is best to release the hold before further difficulty is encountered.

There are also principles of leg wrestling that apply to the defensive wrestler. In order to keep the top man from applying a leg, it is important for the defensive wrestler to recover to a hands and knees position without providing an opening for a leg to be inserted. The safest method of recovery is illustrated in photos 138A through 138D.

A wrestler who remains flat on the mat is half-pinned. Once he recovers from his stomach to his hands and knees, he should free his legs, and get to his feet.

135A Improper Position #1. Assuming a very poor position that could prove dangerous if the defensive man gains control.

136A Improper Position #2. Assuming a weak position that is quite tiring for the offensive wrestler.
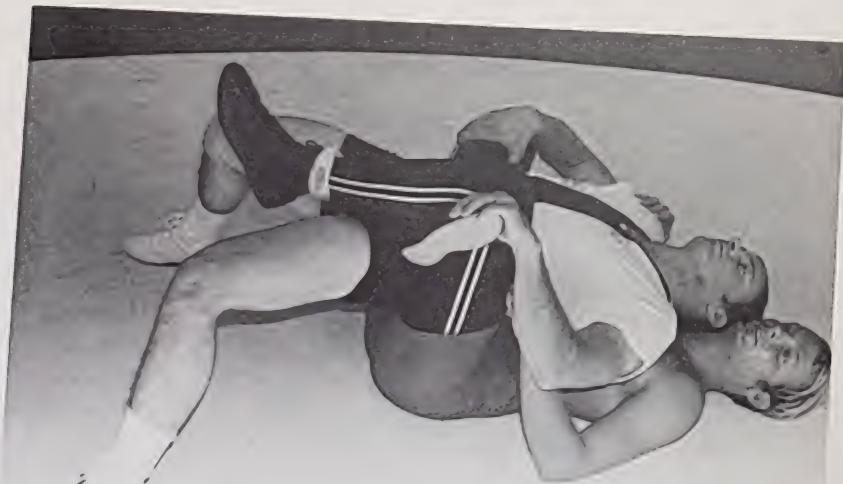
137A Improper Position #3. Assuming a precarious position by failing to stay above opponent.

138A Going From Stomach to Hands and Knees. Getting out of the prone position with a minimum of risk by first moving the arms in close to the body while keeping the head up.
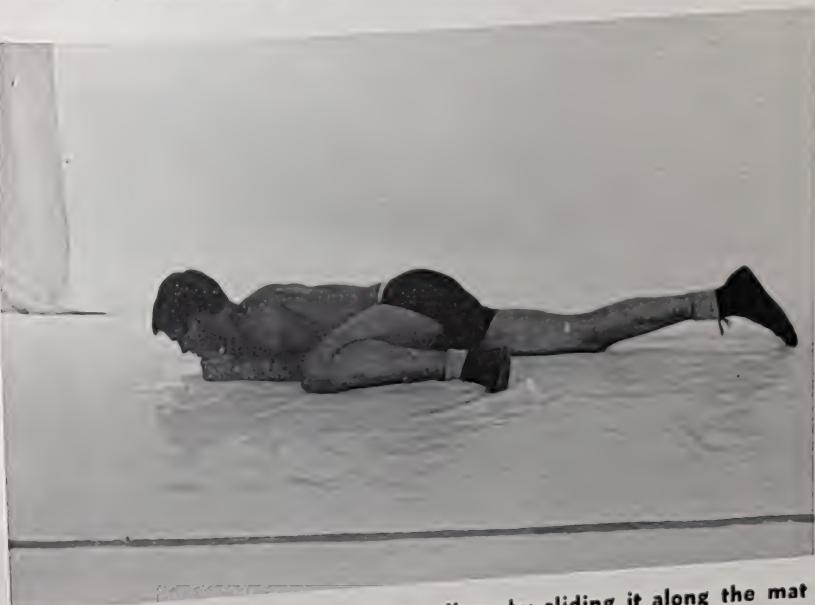
138B Moving one knee toward an elbow by sliding it along the mat and then doing the same with the other knee.

138D Moving up higher onto the hands and knees by straightening the arms and then finally coming up to standing.

138C Pushing up to a very low crouched position with the elbows on the mat inside the knees.

The odds favor the wrestler working from a standing position. When attempting to escape or reverse, more points are lost on a mistake made inches from the mat, while few, if any, are lost on a mistake made several feet above the mat.

While standing, the bottom man has two advantages he does not have while down on the mat. One of these advantages is greater mobility. While standing, he can move much faster than in any position he could assume down on the mat. He is harder to control while standing.

The second distinct advantage is the conservation of energy. While standing, he does not have to carry the top man's weight and is therefore less likely to tire as soon. The energy saved can be employed in extending his efforts to gain an escape or the position of advantage.

A wrestler should never lie on his stomach when he can get to his hands and knees. He should never stay on his hands and knees when he can get to his feet. While standing, it is much easier to move about and much more difficult for the opponent to employ a leg technique.

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